WOMAN'S WAY TO HEALTH

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WOMAN'S WAY to HEALTH

THROUGH

The Vimedia System of Treatment; Also for Men and for Children

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TO OUR ENLARGING AND STRENGTHENING WOMANHOOD,
—MADE MORE AND MORE POSSIBLE THROUGH THE
VIMEDIA MOVEMENT—BEARING FORWARD
WITH IT AN EXPANDING AND
STRENGTHENING
RACE;
"TO THE SPIRIT OF MOTHERHOOD ABROAD IN THE WORLD,
THE SPIRIT OF PURITY, PEACE, POWER AND PLENTY,
WHICH WARMS THE HEART, ILLUMINES THE
MIND, AND UPLIFTS THE SOUL OF EVERY
TRUE MAN AS WELL AS OF EVERY TRUE
WOMAN, AND WHOSE FOSTERING
ALONE CAN ESTABLISH THE
HEALTH OF THE RACE,"
THIS VOLUME IS LOY-
ALLY DEDICATED.

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"STOP! LOOK! LISTEN!"

A THOUSAND DOLLARS A WORD! That is what an eminent lawyer received for those three words. You will agree that they were worth the money, and you may easily calculate that they were worth a thousand dollars a letter to those he advised, and that they would have been or may now be worth that much to people you know—perhaps to you—who may have sacrificed means and health and happiness for lack of proper information or due reflection or foresight.

Since the beginning of railway travel many easily avoidable accidents have occurred where the public roads are crossed at grades. Injured persons have claimed in court that the signs of warning were so long, so obscurely worded, so difficult to read and understand, that they were practically valueless.

After nearly a hundred years of loss of life and property on this account, an American railway company awoke to the fact that its material interests demanded that the signs of warning at the crossings should be made so simple that even he who runs may read and act.

They did not expect to solve this problem of long standing without care and thought; they gave it over to one of their legal advisers, a former judge, to be solved.

After much observation and thought, he evolved this simple sign of warning:

"RAILROAD CROSSING.
STOP! LOOK! LISTEN!"

now so familiar at crossings the country over. The railway company paid the ex-judge five thousand dollars for his work, and considered it cheap at the price of one thousand dollars a word.

Instinctively, whether aware of it or not, wayfarers come to obey this simple injunction. They realize that

carelessness on their part may mean dreadful injury or death.

IN EVERY LIFE THERE ARE CROSSINGS WITH DANGER SIGNALS. It is needful for that soul to heed the warnings to *Stop, Look, Listen,* ere it starts again on its way. The failure to stop, look and listen has precipitated most of the tragedies of the world.

Let the words flash within the brain of every one, either about to cross a highway, or seeking to get safely upon the way to health—

"Stop!" seemingly the simplest of actions; yet to stop, to inhibit, to put brakes on our mental or physical activities, is one of the highest exercises of the will.

Stop where you can *"Look!"* and *take in what you see.* Most men and women are ignorant of the meaning of facts relating to health and disease, even when they are familiar with the facts themselves.

It is the aim of the Vimedia literature and of the Vimedia workers to *bring out* that meaning.

"Listen!" and *heed what you hear.* Give prompt obedience to Nature's danger signals.

But the aim in this book is to go further, not merely warning against the tragedies of carelessness, but making straight the way to reconstruction.

Warnings against sudden mishaps are usually acted upon because the danger can be readily seen. Warnings against dangers and losses one has become used to are too commonly unheeded. "The prudent man foreseeth the evil and hideth himself, the foolish passes on and suffers for it." The words of Solomon are become the keynote of the great present-day movement for conservation of natural resources, human efficiency and life.

Successful railway managements do not stop with warnings and safeguards against accidental mishaps. They spend many millions of dollars yearly in reducing grades, straightening curves, supplying heavier rails and ballast, often entirely rebuilding on different lines enormously costly roads.

This policy is extending to all kinds of highways throughout the country. The old highways, often poorly

planned and meanly maintained, mean light loads, needless breakdowns, and lost labor.

It is the voice of an arousing nation that everywhere public highways be rightly repaired, be rebuilt if necessary, that they be made safe to travel, smooth, and straight.

But it is the voice of the entire race, of suffering wives and mothers, of bewildered husbands and fathers, of groping maidens and youths, of children striving for growth, of little ones waiting to be born, that cries most pressingly, "MAKE STRAIGHT THE WAY TO HEALTH!"

The Vimedia movement is a response to a great human need. Its aim is to get to the people information and curative materials—in a word, health-media—not otherwise available. The Latin word *Vi-media* means "health-media," or "a health medium," applying both to the educative means and to the remedies employed. Thus Vimedia literally and actually stands for "A WAY TO HEALTH."

Centuries ago a burning bush was the "Stop! Look! Listen!" sign that arrested the attention of Moses, that inspired him to self-reliance, that filled him with determination for freedom, that spurred him to action.

To the one who likewise turns aside to note such signs, not to the one who waits for a more convenient season, is power yet given to hear the still small voice.

VIMEDIA'S appeal is: to conscience, I OUGHT; to judgment, I CAN; to reason, and to the heart, I WILL.

As you turn these pages it will undoubtedly appear how the WAY has been missed and how it may be regained.

Health—with its SAFETY FIRST and with its attending POWER and with its disclosures of the AMAZING INTERESTINGNESS OF LIFE—exists for you, but you cannot go heedlessly on neglecting to find it and to LAY HOLD upon it.

PART ONE

THE SCIENCE OF LIVING

THE CLASSIFYING AND THE RELATING TO LIFE OF HEALTH FACTS AND PRINCIPLES

CHAPTER I.

THE ART OF KEEPING WELL.

"Health is the harmonious action of all the faculties of body, mind and spirit."

ONCE when Sir Michael Costa, the famous musician, was holding a rehearsal with many performers in the orchestra, and with hundreds of voices, as the mighty chorus rang out with thunder of organ, roll of drums and clash of cymbals, the man who played the piccolo said to himself, "In all this noise, what is the use of my playing? I shall not be missed," and so he ceased playing. Suddenly the great conductor threw up his hands, and when all was still cried, "Where is the piccolo?" His quick and trained ear had missed that small instrument.

In health all the "instruments" or organs of our body play in perfect harmony and unison. The failure to play of even the smallest of the organs will disturb this harmony, and the nervous system, the great conductor of the bodily concert, soon detects that there is something wrong. The nerves, crying out through pain, our "physical conscience," warn us that some of the humble instruments or some of the larger organs have had to stop playing, because too many of their cells have been underfed or overworked, and their stops or outlets have become clogged, and they are therefore unable to play.

It may be that the ventilation of the room is bad, so that the vitalization of the body through the air breathed into the lungs is poor, and the little red blood cells or corpuscles are unable to absorb enough oxygen from the dead air. The cells weaken and some of them die of suffocation instead of living out their three weeks of life. This is felt by the nerve cells which tell the trouble throughout the body. The brain cells are among the first to suffer, as they are reached by what should be pure blood direct

from the heart. They become clogged with cell waste, and stop part of their work and we have HEAD-ACHE, we have lack of EASE, DIS-EASE. If any of the twenty-five trillion cells of our bodies ever strike, it is because they cannot get enough oxygen, food or rest to keep them in a healthy condition, able to work. A thousand and one things may be the cause, not only lack of fresh air and pure food, but lack of plenty of water, of healthful recreation, of sufficient rest, depressed nervous tone, colds, pressure of clothing, constipation, clogged circulation, and inactive skin. Any of these things may be the cause of our disease, only one thing acts as a preventive, C-A-R-E, infinite CARE!

The art of living is the art of growing, for life is growth. The time of the most exuberant life, childhood, is the time of the most rapid growth. Everything is now known to possess life, expressed in movement, in growth. Even the hardest rocks, the densest metals, have activity, however slow, of the atoms comprising them. To live, to exist, is an ever-changing process, a matter of selection, more or less intelligent. "The art of living is the greatest art," said Maeterlinck, the great Belgian philosopher. It includes all arts. Everyone is an artist, an actor with his "world for a stage."

"I know of no more encouraging fact," declared Thoreau, "than the unquestionable ability of a man to elevate his life by conscious endeavor. It is something to be able to paint a particular picture, or to carve a statue, and so make a few objects beautiful; but it is far more glorious to carve and paint the very atmosphere and medium through which we look."

"Oh, that I had more worlds to conquer!" cried Alexander the Great, of Macedonia, son of the great Olympia, when, three hundred years before Christ, the civilized world of the time lay at his feet. But he died from overeating and overdrinking when he was but thirty-two years old. So the greatest world of all—the world within himself—Alexander never conquered. He failed in the art of living.

The art of living is the art of keeping afloat—sailing successfully over the sea of life. It is easier to look out for the things that are pleasing to the eye, and according to one's personal choice, than it is to find and stop the leaks in the bottom of the boat. It is easier to adorn the ship, to paint and embellish it with comfortable furnishings, but it is not easier, when these things have been given first place, to keep this ship afloat under the stress of hard sailing, when the storm breaks.

The principal work before us in this book, however, is the work of the exposer of health rather than of the exposer of disease. It is not alone negatively through prevention, but affirmatively through inspiration to more abundant life, that we must succeed. The stress is to be laid not so much upon destruction as upon reconstruction. The exposer of health is the successful guide in the art of living. To paraphrase words of William Allen White:

We have been accustomed to the exposure of disease; it was a necessary process to show people what was going on; it is still necessary to an extent, but increasing emphasis is to be laid upon the new program: the exposure of health as a means of tempting the life of people to follow that channel; it means the choosing of the things that are excellent; it means telling the story of the best that is to be done. There is a natural health of the body. Notwithstanding all the evidence of disease in the body, the greatest way of securing health is to acknowledge its possibilities, and put our minds and energies on discovering the positive hygienic laws and measures that determine and maintain life and health.

We differ at first as to what these laws are, but our first step is to set the angle of our minds in the deliberate direction of their discovery.

We know the problem. We have had the "Darius Green" experience. It is time to enter upon the Wright Brothers stage—patient purpose and attention to the exposure of good health.

Self-knowledge, self-reverence, self-reliance, self-control—how slowly acquired, yet how vital to lasting health!

It is not when the law says "must," not when the doctor says "must," not when relatives or business associates say "must," but when one says "must" to one's self, is the great day in one's life arrived—the great day for character, for health, for happiness. To this the Vimedia teachings inspire.

The sense of responsibility for one's health helps to get and keep one upon the right track.

Its aim is forward, not backward. To recognize wrong conditions is the first step. Its effect is not to dishearten or to prolong pain, but to clear the way for better things. It is the beginning of fresh life and power, for *knowledge* is *power* and *safety*.

The great fact which science in all its branches shows is, the universality of law. The gist of all experience is, that from birth to death men are under the domination of natural law and that they have the choice of intelligently taking advantage of this fact, or of thoughtlessly drifting and taking the consequence. Just how to take such advantage as leads to a happy, useful, successful life, experience has definitely pointed out.

We believe that we in the world today are at the dawning of a new era that will bring all of us more freedom and security and a greater growth in the true, the good, and the beautiful than humanity has ever yet enjoyed. The recent discoveries of science and the investigations of economists and sociologists disclose a finer and a better world than we had dreamed; and our keener vision, piercing the mists of ignorance and fear and doubt, shows us prisoners of our own making.

Hitherto, depending upon fathers or husbands to take the initiative, women generally have passively, more or less, awaited time or death for the adjustment or ending of their bodily ills, but NOW they are daring to believe that as to the health needs of daughters and wives, cures may be brought about through decisive actions on their own parts at the present time—this side of the grave. They are THINKING for themselves, and thus helping themselves and the men of the family as never before.

THIS is the end to which the Vimedia teachings are directed.

"Length of life," Irving Fisher points out, "is but one indication of vitality. Everyone appreciates that the life of an invalid, although it may be long, is but a narrow one. We may therefore recognize, besides the length of life, another dimension which we may call 'breadth'—healthiness.

"An ideally healthful life, free throughout from ailment and disability, is rarely ever found, but it is the aim of modern thought and hygiene to reach that ideal.

"It is short-sighted to spend more vitality each day than one can store up. Such a policy must not only prove suicidal sooner or later, but tends to narrow one's life in every way long before the arrival of death. The ordinary individual burns the candle at both ends, and the result is almost universal invalidism in some degree.

"Observation shows that many of the world's most vital men and women have virtually made over their constitutions from weakness to strength. Cornaro, a Venetian nobleman, born about the middle of the fifteenth century, given up to die at the age of thirty-seven, determined to live the hygienic and temperate life, and prolonged and made useful his life to about ninety-seven. Horace Fletcher, in his thirty-sixth year, refused for life insurance, determined to become well by the simple law of hygiene, and a few years ago, then in his fiftieth year, proved his power of endurance by cycling a hundred and fifty miles in a day without showing fatigue the following day.

"It is not to be doubted that almost all the minor ailments of the human race could be removed by careful attention. With these overcome, the average person could very largely increase his or her efficiency. This does not mean one's doing twice as much in one day, but it means the making of fewer mistakes and working at a higher degree of speed; doing work that does not have to be undone and that does not need to be done over."

It is the mission of this book to so help mirror for you the underlying causes of disease and suffering that you yourself may right them.

Out of all the experience and knowledge of the world is coming a better notion of "evil" and pain. Ever must they urge to action in studying and removing their cause. We realize that the pestilence and cruel diseases that sweep our loved ones out of our arms are due to the errors of man, and not to Providence. We have found that the ills which beset our human institutions, like the weeds which flourish in a neglected garden, are due to our own self-satisfaction, negligence, and idleness.

In such work as we have undertaken in this book we make no claim to a wisdom higher than that of our contemporaries or of our readers. True, after some twenty years of extensive experience in this line of work, we are at a place from which a fairly broad view of health values is to be had. We try for clear, understandable statements of principles and facts that shall be your tools. You must use them yourselves, but first you must clearly see their value in your own condition; you must have a conviction as to this, a conviction like iron in the soul. You are not asked to accept ready-made conclusions, but to exercise your own reasoning faculties, to weigh evidence.

While the essentials in the art of living are three—favorable environment, physical health (including that of body and mind), and social or moral health—this chapter is concerned with the individual problem of physical health—the health which means harmony and efficiency in body and in mind; which involves regular habits of work, refreshment and rest, developing and conserving a strong body and a well-balanced mind, a hopeful spirit.

The condition of the body most directly affects the mind, and the mind constantly expresses its activities in the body; hence the necessity that both be strong, be free from disease and worry and other morbid conditions. The possession of health helps one strike a true balance between the indulgence and repression of natural desires and appetites; it promotes temperance in all things. When, through ill health, the reasoning powers of the sufferer

may be dulled, natural instinct generally furnishes a correct guide, and its promptings should be heeded.

It is possible, by experimenting with various plans, to find out what manner of life is best adapted to the individual. Proper diet, frequent baths, sufficient rest and sleep, congenial occupation for mind and body, with a progressive mental outlook, and occasionally changes of air and scene which refresh and exhilarate, are essential to health.

Moderation brings poise, lack of it, pose. The trouble with most of us is, that we go to extremes. High and noble passion is, through intemperance, torn to tatters. Hysteria in some shape is a common consequence. Many insist upon spending their vitality lavishly; life must be vivid to luridness, one long sensation. Excitement is for them the breath of life, moderation the extreme of dullness. They do not want health so much as something which will enable them to spend constantly and never be exhausted. Doctors who will relieve and drugs that will arrest pain, regardless of the reaction with its inevitable weakness, dejection, and sadness, are in great demand. Hence the large consumption of morphine, cocaine, and the paralyzing coal-tar products.

"As vigorous health and its accompanying high spirits are larger elements of happiness than any other thing whatever, the teaching how to maintain them," said Herbert Spencer, "is a teaching that should yield in moment to no other whatever."

"There are plenty to teach physical culture and cause our biceps to bulge and our chests to expand. We need someone," declares Charlotte Gilman, "to show us how in a year's time we may develop a set of habits which, with a little care and attention, will last a lifetime."

The art of living is not only to look out upon life to see what opportunities it offers, but to take a good look at self, to find out what one is, how one is made up, one's capacities and lacks, and then determine to get the most out of one's self possible.

The art of living is to translate knowledge into action. It must not be weakened by excessive haste, nor drowned

in excessive deliberation. It requires that we see clearly what it is we want to do, that we have a good heart to do that thing, and that we have a steady hand to keep at it until it is done.

Health is a means to an end. It is profitable for the present and an investment for the future. In the end it means efficient work, happiness and noble living!

CHAPTER II.

NATIONAL LIFE—ITS ECONOMIC EMANCIPATION THROUGH HEALTH.

"A recognition both of our own rights to health and happiness and of the claims of others drives out unwholesome, morbid, self-centered thought."

"YOUR HEALTH is of national importance!" writes Emily M. Bishop. "Every individual is free or has the petty 'right' to disregard the laws of health and happiness as long as the civil law of the land is not violated, but he or she who does so is immoral and a bad citizen. Keeping the body at par is more than augmented individual happiness, efficiency and accomplishment. The perfection of each human unit is the concern of the community, the state, the nation and of a world of men born and to be born."

The getting and keeping of health is a very vital part of that most practical science of every-day life, "the science of getting a living," called in the schools "Political Economy," when applied to the nation.

The conditions on which national efficiency depends may be classed under three heads, as set forth in the first Government Report on National Vitality: "Those relating to physical environment, those relating to social environment, and those relating to human nature."

Under the first head comes the problem of the conservation of the land, forests, minerals, and water. The second comprises social questions, whether political, economic, or religious. The third covers the study of the characteristics of man himself—physical, mental, and moral.

Under the last two comes the prevention of disease as the constant duty of the community and nation as well as

of the individual. "Eternal vigilance is the price of liberty," of freedom from disease.

To prevent invasion from those afflicted with contagious diseases, to safeguard common carriers, to insure purity of foods and drugs, and to extend knowledge of sanitary science, is to promote the welfare of the whole people and to aid them to more effectively maintain themselves in health. The ideal of democracy is, in the matter of health, that every person shall become, through education, more and more his or her own physician.

The possibilities of public gain from the prevention of disease through education and intelligent coöperative action can hardly be estimated.

Public sanitation and personal hygiene are reverting in principle to the doctrines advanced by Moses to the ancient Israelites.

Pouplar education is making the individual more and more competent to solve his or her own health problems; and one of the chief aims of this book is to inform people along that line.

"The foundation of hygiene, or preventive medicine, as understood today, is laid upon these simple doctrines of Moses," says *Health*. "In the dark and middle ages, when men reasoned nothing from a physical basis, but attributed all phenomena to a supernatural agency, either heavenly or diabolical, the masses reaped the seed of their ignorance. Plagues and pestilences ravaged throughout the length and breadth of Europe. In vain were exorcisms, amulets, and the imposition of hands employed; but the Jew, although he lived among foreign and hostile nations, did not forget the beneficent wisdom by which Moses influenced the Israelites, and, according to Richardson, he escaped from these epidemics as though he had a charmed life."

"Civilized people have come to a realization of the fact," says Vaughn, in *Science,* "that disease constitutes the greatest bar to human progress, and that nation which first frees itself from the bondage of disease will dominate all others. In that land the super-man will first be born.

"Are we, the people of the United States, held in the bondage of disease? One out of every seven of us dies of tuberculosis, fifty thousand of us perish annually of typhoid fever, and ten times this number lie stricken for weeks each year with this disease, but ultimately recover. Pneumonia disputes with tuberculosis the right to be called the captain of death. Some fifty thousand of us die annually of cancer and other malignant growths; more than twenty-five per cent of our children die before they reach five years of age—in short, more than eighty per cent of us die from causes that are preventable and which the enlightened nation of the future will prevent."

Published articles and lectures upon model houses and warnings against the opposite sort can do a very limited amount of good, however, unless the people who read or hear them THINK to some purpose. We must not be satisfied short of tracing to its final source the extensive lack of sanitary environment as affecting both the individual and the public.

Educating the people to combat the spread of tuberculosis is a movement which it would be superfluous to praise. The fight against disease will aid in the fight against pauperism and crime; also, any measure which tends to eliminate poverty, vice, and crime will tend to improve sanitary conditions.

"In every civilized country the diseases are increasing which come from overstrained nerves, from insufficient nourishment, from crowded and squalid lodgings, from unwholesome and monotonous occupations, from premature labor of children, from the tasks and crimes poverty imposes upon women." It is a deplorable defect in a generally advancing civilization that such figures show.

Education is a great force in the fight against consumption, and some day people generally will learn that there are more deadly wholesale ways of spreading and perpetuating tuberculosis and other preventable diseases than by expectorating in public places or by failing to "swat the fly."

In New York city, which does not differ substantially in this regard from other cities, *over one-third of the land*

is vacant, held out of use, until the time when the growth and crowding of *the population* shall *increase values;* and *in New York city there are today* 300,000 *rooms without a window in them!*

The crowding of men, women, and children into dark and cramped dwellings or working-rooms devitalizes them as surely as does the attempt to grow grass under a board or stone devitalize the grass. It is people thus crowded in the unsanitary living-rooms and sweat-shops of cities who make a large part of the clothing for other men, women and children throughout the country. As the workers fall victims to tuberculosis and filth-diseases, which can be communicated, these reach the consumers.

Hygiene, the science that treats of the natural law that brings human beings into this world and tends to keep them in a perfectly healthful condition through life, presupposes free environment.

When Moses enjoined strict observance of hygienic rules for the individual and sanitary regulations for the nation, he, being not only painstaking in detail, but far-sighted as well, did not fail also to enjoin that in that new country "the land must not be sold forever." The earth, like the air and water, is given by the Creator as a common stock for man to labor and live on. Moses was careful to provide that no family, no man, should be disinherited permanently, even though the man himself might be so pressed as to sell his birthright. Every fifty years the land was returned to the family which originally owned it.

The same principle underlies the present-day movement adapted under modern conditions to gradually and fairly secure to every man his birthright as a land animal.

"The 'yellow-jack' in Havana manifested itself in the individual as a dangerous fever. It was due to physical environment, socially changeable. Centuries of medication of the individual victims did not and could not kill it. That work was only puttering with the symptoms. But correct civic thinking resulted in sanitary engineering that changed the physical enviroment, and lo, the 'yellow-jack'

was dead. Really a social disease, it was killed by right civic action. There are many such individual manifestations of social disease curable by removing the cause through social action."

"The world is not going to be satisfied with our religious professions and scientific pretensions until we attack the underlying cause of poverty and disease with the same enthusiasm and persistency with which we palliate the symptoms."

"It is not the Almighty, but we who are responsible for the misery and disease that fester amid our civilization. The Creator showers upon us his gifts—more than enough for all. But, like brutes scrambling for food, we tread them in the mire—tread them in the mire, while we tear and rend each other!"

* * * * * * * * * *

"What has been the result? Largely that the owners of land made valuable by the increase of inventions and the growth of population get the net gain. The wonderful discoveries and inventions of our century have neither increased wages up to the increased cost of living, nor lightened toil. The effect has largely been to make the few richer; the many more dependent."

Can it be that the gifts of the Creator may be thus misappropriated with impunity? Double payment for food is exacted from the man who overeats, once in cash and again in health. So in society, does nature exact double payment from the one who collects and consumes more than he contributes or produces. He pays once in labor and again in loss of usefulness.

It is when high health ideals take a deep hold that a nation can achieve its highest state of development. Any country which adopts such ideals as an integral part of its practical life-philosophy may be expected to excel.

To the thinking man or woman, these are the principles and policies by which every citizen may have his or her full share of what life should give, a decent home, pure air and food, proper education, necessary relaxation —in short, the chance to develop into the measure of a full man or woman, physically, mentally, morally.

It is no wonder then that city, state, and nation are taking in hand this matter of collecting and publishing the facts so vital to the well-being of its citizens. Under right conditions of living—equal opportunities for all—there will be made fully possible the observance on the individual's part of all the laws of personal hygiene, and on the community's and the nation's part of all the laws of sanitary science. Then we may expect to have a nation free, instead of one bound in the chains of disease. The ultimate success of this movement is fundamental to the health of nations. It is an issue of life and death, a nation must be free in order to be strong.

Those laws of the community and nation which are based upon the laws of Nature can do much for public health through a fuller opening up of opportunities, but sound legislation depends upon the individual in the first instance. His or her own live interest is necessary in order to form the public opinion from which alone can spring effective public hygiene. "Clean streets are of use. as they make the air purer," says the Vitality Report, "but they are of little avail to the household which does not ventilate its rooms or which keeps them in a state of filth. The pure-milk and pure-food laws are stringent, but they avail little if the consumer allows the articles themselves to become contaminated after delivery.

"Personal hygiene means the strengthening of our defenses against disease; public hygiene seeks to destroy the germs before they reach our bodily defenses. These two branches of hygiene are simply the two forms of warfare—defensive and offensive. Both are of transcendent importance, but the defensive warfare is more within our power. We always have our defending garrison, the white blood-corpuscles, to deliver us from our enemies.

Municipal and state and national laws are being enacted to shorten the day of labor, to lengthen the noontime period of rest and refreshment, to regulate the sanitation of houses, factories, and all public buildings, bettering the everyday living conditions of the people. Laws are being suggested and some are being enacted re-

garding the work of women in stores, factories, etc., securing them special consideration at the menstrual period and during the child-bearing term.

It is a matter of history and of statistics as well as of common observation that women who labor strenuously at these periods not only impair their own vitality, but, in the case of mothers, the vitality of the child is impaired, and this reacts upon our national life. We are constantly reminded that "eternal vigilance is the price of liberty," of freedom from disease. Without such vigilance, instead of having a nation of well-formed, mentally bright children, we shall be threatened with a nation of sickly, deformed, and mentally deficient children.

Not so long ago public instruction in hygiene was looked upon in rather a dubious light by many mothers. The race is growing in wisdom, however, and the admonition, "Know thyself!" is being more often listened to, if not always followed. This self-knowledge is one of vital importance to our women, the mothers of the race. It will not only bring them freedom from pain, freedom from mistakes arising from ignorance, freedom from the ailments common to their sex, but it will make them really the mothers of MEN in the highest, broadest, and noblest sense of the word.

Such aspirations and ideals help to save from both the pessimism which paralyzes human life and the recklessness which renders it desperate.

To bring about the changes in living conditions for which every hygienist hopes, to help along this great cause of relieving human suffering and of increasing human vitality, thousands of noble women have dedicated their lives. Not only the volunteer members of the Red Cross Association, the Civic Hygiene Association, the Mothers' Playground Association, etc., but thousands of other earnest women are going over the world presenting to women individually this law of health: "Know thyself!"

These business women, devoted to earnest furthering of the Vimedia cause, which is both educative and cura-

tive, have no favor to ask, but an opportunity to offer. To them the presence of disease is a call for service.

Every thoughtful person informed in these matters, perceiving with Frances Willard that "the emancipation of women from the slavery of disease seems a more pressing emancipation than any other that may be advocated," gives them due courtesy and consideration.

CHAPTER III.

THE CHILD IS FATHER TO THE MAN.

"The pedigree of health stretches back to the very dawn of time. Our flesh is not heir to ills, but heir to health. We now behold heredity not as our worst enemy, but as our best friend." —*Dr. Woods Hutchinson.*

IN NATURE'S PLAN the rule seems always to produce the perfect. The flower, the oak, the deer, the bird, are the representatives, every one, of a long line of ancestors, remarkable respectively for strength, beauty, speed, or other physical attributes, in which class it excels. This tendency to reproduce the perfect of the type is seen even in the insect world, where every little insect repeats to perfection the external marks and powers of all its ancestors. Every individual one is an aristocrat of its kind, an aristocrat by reason of perfect health.

Departures from the common perfectness of the family in the vegetable as well as in the lower animal world are so rare as to attract attention. A flower whose every petal equals not its fellows in outline and delicacy is exceptional. A tree whose general growth and habit differ from its variety is not common.

It is in the human family alone, the world's best and highest product, that the rule seems, for various reasons, to be in abeyance. In man alone the perfection of proportion and beauty is at present a rarity. This is due to many causes—defects in enviroment and defects in habits and customs. A cardinal one of the latter is that any woman or man can become a father or a mother in the human family, while there is much more care exercised over propagation in the vegetable or animal kingdoms.

Progressive people have long since realized that to get the best crops they must exercise great discrimination in the seeds used, and that only the best, the soundest, the

largest, should be used. This has also been recognized in the production of fine herds of cattle. The nation and state maintain scientific bureaus, whose sole duty is that of studying out just how the finest crops may be raised and the finest herds produced. This information costs the country hundreds of thousands of dollars, and is free to the farmer for the asking. It is realized that theory not put into practice avails little. Only when all the farmers are trying to bring their crops and their herds up to the highest standards under these scientific principles can the whole country be assured of substantial progress.

But what about the children, upon whom all the future of the world depends? We have special college courses along every other line, but parents go right on in the good old way, rearing children by guess, hearsay, and superstition.

The farmer well knows that he cannot plant seed-corn from a poor ear and expect a good crop; that is against all physical laws and demonstration; and yet people will undertake the responsibilities of parenthood without a thought as to whether or not they are physically fit to endow their children with strong bodies and mental proficiency.

An instance comes to mind where a young woman, a consumptive, was advised to marry in the hope of prolonging her life; it did prolong her life just enough to throw on the world three children, all defective physically, who lived to a dwarfed manhood and womanhood, and supplied the world in turn with other frail children.

Truly, "man is made to mourn" when the process of propagation comes about in such a manner as this; when a child's parents make him mourn, not only for his own physical defects, but for the defects he must transmit to his posterity.

"I count myself well born," said Catherine Spence, that exemplar of the efficient life, who recently, after a brief illness, before which she showed no failing in natural force, died at the age of eighty-five, yet in the glory of

youth; "I count myself well born, for my father and my mother loved each other; I count myself well brought up, for my father and mother were of one mind as to the care of their children; I count myself well educated, for the admirable woman at the head of the school which I attended from the age of four and a half till I was thirteen and a half, and left Scotland for Australia, was a born teacher, and in advance of her time."

Every soul should have the right to be well born, and it is a question in some minds as to whether it will go harder at the bar of the Almighty with the one who sends a human soul into the next world unprepared than with the one who dared to bring into the world a soul crippled by physical ailments and mental deficiency. Floods and droughts might destroy grain-crops and disease might play havoc with the blooded cattle on a thousand hills, yet our glory could not be dimmed, provided only our growing boys and girls be endowed with physical perfection and mental alertness, which makes the strong nation, able to meet and overcome all the material difficulties of life.

Women are awakening to the great responsibility of the parents in this matter. A great educator says: "The changes in the position of women have been so great during the past fifty years as to amount to a revolution. There has been an awakening of women, which is a part of a race awakening, in which all should rejoice."

No longer does a woman consider child-bearing as a cure for the diseases common to her sex. She has seen too many awful results of that theory. She has seen children born blind, mentally deficient, hopelessly crippled. She begins to recognize the fact that if poor seed-corn brings forth a poor harvest, so a diseased mother or father cannot be sure of healthy offspring, and she is beginning to demand physical perfection in both parents. She realizes that the best there is in the father and mother is the child's right—that the best is none too good; she realizes that they may not always be in a position to endow their child with wealth or material possessions, but that it is their highest duty to endow it with such physical perfec-

tion that inherited disease and suffering are things unknown, and with such mental proficiency that the necessary material things of the world are easily attainable.

Nor does her responsibility end here. This is but the beginning of her life's work. Under most conditions she can, if she wills, at least endow her child with physical perfection and mental alertness, but she must see that this child is trained in all the attributes that make the perfect man. She must instruct him along the lines of hygienic living and self-knowledge. The child's insistent "Why? why? why?" must be answered intelligently and comprehensively.

Slowly but surely as a nation, we are awakening to the fact that prudery is a greater offense than disease, and that children early in life must be instructed as to their well-being, so that their physical perfection, with which they have been so happily endowed, may not be shipwrecked on the shoals of ignorance or vice. From the earliest moment that the great mother-love answers to the feeblest of cries, through all the changes from childhood to manhood and parenthood, she feels her responsibility and appreciates her wonderful opportunity. From his earliest infancy she realizes that truly "the child is father to the man," and that it is her highest and noblest duty to see that he may become a father perfect in all things.

Looking down the future years, and seeing the wonderful work that is hers, she looks the more closely at the present conditions, and realizes that in herself is the first great work—that of attaining physical welfare for herself. No longer is she a slave to dark and superstitious methods. She understands perfectly the law of development; she understands that imperfections can be removed by the right process, and she is setting herself to work to patiently grow back to health and strength and happiness under natural and logical methods.

In the Vimedia treatment she finds a true friend, one which will not only overcome her physical imperfections, but educate her along the natural laws of health, so that

she remains well; a friend that will stand her in good stead in the emergencies of life that may arise with the minor ailments of childhood, and that will also be of great assistance to the children in the various changes from the cradle to the grave.

In the words of Olive Schreiner:

"The lawyer may see no deeper than his law books, and the chemist see no further than the windows of his laboratory, and they may do their work well. But the woman who does woman's work needs a many-sided, multiform culture; the heights and depths of human life must not be beyond the reach of her vision; she must have knowledge of men and things in many states, a wide catholicity of sympathy, the strength that springs from knowledge, and the magnanimity which springs from strength. We bear the world and we make it.

"The souls of little children are marvelously delicate and tender things, and keep forever the shadow that falls first on them, and that is the mother's, or at best a woman's. There has never been a great man who had not a great mother; it is hardly an exaggeration. The first six years of our life make us; all that is added later is veneer; and yet some say, if a woman can cook a dinner or dress herself well she has enough culture."

It was characteristic of George Washington that the survey he made for Lord Fairfax when he was eighteen years old was made right, for he was brought up to be thorough. Anyone familiar with his career would be certain that the modern surveyors, verifying the line he ran in 1751, would find it was as nearly accurate as was possible with the instruments available at that time.

The boy or girl who shows energy and initiative grows into the energetic and resourceful man or woman. The ones who do things right keep on doing them right when they get to be men or women. In the biographies of great men and women the accounts of their childhood are usually the best parts of the books. For in childhood the traits begin to appear that later show themselves in maturity.

The child really IS father to the man.

CHAPTER IV.

THE HOUSE WE LIVE IN.

"The august habitation—the tenement of clay, the house in which the mysterious being, man, has his home."

THE BODY may be likened to a house: it consists of a framework and covering, with an interior divided into numerous rooms. Throughout the whole the arrangement is more ingenious than that displayed in a house "built by hands," and most perfect for the comfort and convenience of its occupant. There is an automatic heating service that cannot be excelled; there is a most excellent system of ventilation and sewerage; there are throughout the house numberless telephone connections, and a large number of trained servants that go about their work uncomplainingly; there are libraries and music-rooms, and the whole body is filled with beautiful mosaics and hung with wonderful tapestries.

The house is portable and it takes us wherever we please, and the same is rent-free, the only condition being that it be kept in good repair. Health results from the prompt compliance with these terms, and disease is the result of knowingly or unknowingly breaking its terms.

The cells, the mosaics of the body, are constructed with infinite care and exquisite perfection. The tissues are the tapestries, and an examination of these under a powerful microscope will show wonderful and beautiful construction.

The framework of this house of ours consists of more than two hundred timbers—the bones, long, short, flat, and irregular, but all ingeniously joined together, and the whole safely wrapped in a tissue that keeps the timbers moist and limber and permits of their working without friction or interruption. The main column or support of the house is the backbone; this consists of twenty-six

little timbers or bones, called "vertebræ," which are really a series of little levers, closely fitting one to another—firm, strong, and flexible, inclosing in their midst the spinal cord; packed between these little timbers are cushions of cartilage filled with fluid, which prevent friction between the parts and break the shock of any sudden jar.

At the top of the column we find a small hallway that connects with the skull, which consists of eight pieces of irregular timber, all neatly and beautifully dovetailed together. In the skull construction we find wonderful arches which increase the resisting power of the skull, so that it takes a powerful blow to affect it. Within this skull are the wonderful cells of the brain—our parlors, libraries, music-halls, photograph galleries, etc. It is the center of thought-force. "Nature has carefully placed the brain in a casket abode, cushioned the precious life-token on a layer of water within a threefold skin, with a peculiar arrangement of rectangulated branchings of the arteries, so that a sudden throb of the heart may not reach the brain, and with every organism of the body active and eager to furnish the brain with its most precious substances and forces, and with every provision that the blood shall be the very purest and that its virginity shall be assured before it is allowed to touch this life-token or center of all things."

The skull, in turn, is covered with a wonderful cushion of scalp and hair, furnishing not only needed protection, but "a crown of glory;" in front of the skull is the face, composed of fourteen of the most irregular bones of the body, yet all so placed in relation to each other that when covered with the cushions of muscle and flesh the general contour is pleasing, and from it "the light of the countenance" shines forth.

The mouth, with its "gates of pearl," has been styled the body's vestibule, the keeping clean of which with frequent brushings is of great importance to the owner's welfare.

In the trunk we find another framework that protects the ventilating system of the body (the lungs) and the

pumping engine (the heart). This framework consists of twenty-four timbers or ribs, all of which are attached behind by movable flexible joints to the main column, the backbone, while the upper seven ribs are also attached in front by bands of cartilage to a secondary column, the breastbone. These timbers are flat and curved, and, being attached in the manner that they are, they form one large room, which contains some of the important machinery for the maintenance of the house we live in .

Below the hallway of the neck, and at the upper part of the large room just described, we find socket joints for large, long timbers, which swing free of the main body of the building—the arms. Lower still we find other long sections, composed of a number of pieces, known as the "legs," which hang droppingly from a great basin of bone—the pelvis.

All these timbers are covered where joined with a substance known as "cartilage," and between them there is a little cushion which secretes a small quantity of lubricating oil, so that the machinery of the body may move without noise or friction and the timbers not creak and grind under stress or shock. Binding all these timbers together are beautiful white strong bands, highly elastic, which permit of free play of the timbers without dislocation; these are called "ligaments."

Covering the whole of the framework, like the siding or brickwork of the house, is layer upon layer of broad bands, which give shape to the house and render the whole beautiful; these are known as "muscles;" five hundred strong, they both protect and shape us, and, like the willing servants they are, move on telephonic command from the brain, whether it is to walk, or play, or to do any of the thousand and one tasks that fall to their share, and which they perform uncomplainingly. They are never off duty and do not give notice to quit if asked to perform a little unexpected work. They are always willing and anxious to work, and demand in return only food, clothing, and proper training.

The kitchen is the most important part of the house. The beautiful tapestries and mosaics may please the eye

for a time, the willing servants may run on many errands, and the framework may carry us on many journeys, but sooner or later there is an insistent call for something that these cannot supply, and gradually everything palls on us but this insistent cry, which is for nourishment. Therefore the kitchen is a most important part of the house; for unless we eat we cannot live. It is the greatest laboratory in the world.

First the food is delivered away up at the top of the building, where the teeth begin the work by grinding the food and mixing it with saliva in preparation for the work of the other servants; and woe to them and to the body if, through carelessness, hurry, or excitement, they neglect these important steps. From here the food is carried to the broadest section of the kitchen—the stomach—where another process of preparation is carried out and where much of the nutriment of the food is taken up; thence it is carried through long and narrow sections of the kitchen, some thirty-odd feet all told, containing millions of cells as cooks, each to do its particular share in fitting this food, which is so necessary to the maintenance of life. Finally, the waste matter passes to the lower intestine, or rectum, whence the waste is carried out of the house.

This kitchen is lined throughout with delicate mucous membrane, which along all its course secretes digestive juices. During the process there are thousands of cooks busy, each adding to or taking from the food until the whole is in proper shape for the nourishment of the body. When they have done their work well, there is peace in the house; but if any of them, through neglect, overwork, congestion, etc., have failed in their important duties, there is disturbance, and the telephone wires are kept busy throughout the whole, entering protests to the great governing power of the house—the brain.

The nourishment is taken up by the blood and carried throughout the body, so that the whole may maintain its substance and its functions. In the large room within the framework of the ribs is found the life-pump, which keeps this blood in circulation through a wonderful system

of tubes, the arteries, veins and capillaries. This pump keeps working night and day; work or play; its steady pulsations being felt all over the house. It sends the life-stream throughout the body, loaded with nourishment, thus able to generate heat, so that the house is kept warm and comfortable and none of the servants get cold and huddle together for heat, producing congestion. Not only this, but this little engine maintains an excellent system of sewerage, which carries gaseous impurities and waste from all parts of the body to a place where it can be thoroughly ventilated and purified.

The body is largely self-cleansing. Such left-overs as are of no use at all are not packed away in a garret on the chance of being serviceable some day, but are promptly burned with oxygen in the lungs or are carried out through other organs of elimination, it being considered not only poor economy, but a positive injury, to retain that for which the house has no further use.

Besides furnace and engine rooms, there are many laboratory rooms throughout the body—the glands—which are organs that manufacture various substances from the blood as it passes through them. Thus the salivary glands produce saliva, the liver bile, the lymphatic glands white blood-cells, etc.

Thus the work of the circulation is that of carrying both nourishment throughout the body to the millions of hungry servants and oxygen as well; for unless they have air they cannot live. Therefore, packed at the top of the large room within the cavity of the ribs are the lungs, whereby pure air is taken into the system to supply the needs of the house. The lung substance is soft, elastic, and sponge-like, packed in a double covering of exceeding smoothness. One layer of this covering is attached to the walls of the chest and the other to the lungs, and they glide, one upon the other, with great freedom. The lungs are connected with the external body by means of tubes, which divide and sub-divide within the lungs, forming numerous branches, which decrease in size until they are very minute indeed.

Under the microscope these minute cells of the lungs appear wonderfully and beautifully made, each little cell maintaining a hair-like process in motion, which is much like that of a field of waving grain. To these cells the circulation brings the dark, venous blood filled with cell-waste and gaseous impurities, these being burned out by the fresh air we breathe, the blood changing from dark purple to a brilliant scarlet, thus showing that it is made pure again.

All over the house, interwoven with every wall and bit of tissue covering, are found the minute telephone wires—the nerves of the body. These are under control of two great stations with many sub-stations, and they perform a great service in keeping this wonderful house in comfort and efficiency. When one servant is careless or refuses to work, this telephone system immediately notifies the governing head, and if he is wise, he does not put off investigation until tomorrow, but at once he seeks to find out why this servant is unruly and what is necessary to get it to act in peace and harmony with the other servants for the welfare of the house.

Over all is a layer of fatty tissue, which softens the angular outlines and gives shape and beauty to the house, and outside of this is the wonderful covering of elastic membrane known as "the skin." The skin is not only an elastic covering, but an immensely important vital organ. Its millions of minute pores aid the house especially in maintaining proper temperature and avenues of escape for moisture and waste.

This is the house we live in, and it is given us that the soul in its sojourn here may have an instrument whereby to express itself. From the eyes the soul looks forth as from a window and appraises the values of life. With proper care this house will serve our span of life, but with improper care moth and rust may corrupt and thieves break in and steal, not only to the great impairment of the house, but to the impairment of the soul—the ego, the I AM of the house.

Observe a dwelling or large business structure in the course of erection. Against and within the walls is ex-

tensive scaffolding which the workmen use in their building. When it is complete, the scaffolding will all be removed and the building will stand alone in its completeness and beauty. The scaffolding is only of use in the construction or repair of the building. When the structure is complete, the building stands alone.

Just so Vimedia contributes in rebuilding the bodily structure. Its use can be dispensed with at the proper time, but proper scaffolding is a necessary first condition. We are not responsible for the bodies and the qualities we are born with, but, in the light of the materials available to us, we are responsible for the bodies and qualities we die with. Every user of Vimedia becomes an architect of health. In so doing you may think that you are only repairing the house so as to make it more comfortable to live in, but what you are really doing is to invite good temper, high spirits, clear thinking, effective working—in a word, power to enjoy life—to come and dwell with you.

CHAPTER V.

THE GOVERNING POWER OF THE HOUSE.

"What a man does greatly he must do with his whole nature —body, mind, and heart."—*Goethe.*

PHYSICAL HYGIENE has done much in the last half century in saving life, improving life, and educating public opinion. Now mental hygiene is taking a strong hold upon thinking people. It is no longer held that there can be a well-balanced mind in an unsound body. A man who has an unsound heart or a bad liver cannot at the same time have a good circulation, or a good digestion, or a clear head.

Speaking generally, the brain is in direct and active charge of all functions, except respiration, circulation, secretion, and excretion. It receives help from every organ, and, as president of the body republic, is able to modify temporarily and to only a certain degree the workings of each. By its mental action it can hurry the heart's beat or slacken its pace. It can quicken or for a time arrest digestion. "Its mental attitudes and activities change the character of the secretions and lower or raise the general nutrition of the body; but the brain like our National Government at Washington while in supreme authority, is itself subject to certain 'constitutional limitations' and statutory restraints," says Dr. Ayers. "The brain cannot stop the action of the heart by thought, nor take the control of the respiration away from its automatic clerks. It might forget to breathe, and certainly would fall asleep, and that would be fatal."

Derangements in any part of the body will derange mental force; non-development will arrest mind-growth; improper blood will alter mind, imperfect drainage will confuse mind, and sufficiently severe mechanical shocks will kill mind.

We cannot well separate the physical from the mental. Each acts and reacts on each. From wrong or diseased physical conditions we get impaired mental conditions, and from unsound mental conditions we get in turn reaction upon the body.

The stomach, when not functionating as it should, forms all sorts of half-digested substances, which act as poisons to the brain and the rest of the body, producing a vague feeling of distress, irritability, and melancholy.

One cannot think when the force that ought to go towards thinking is being used up by the over-worked digestive organs, or when the brain is being poisoned by the impurities from imperfectly digested or unassimilated food.

Physical hygiene deals with the proper care of the body in the prevention of disease, and mental hygiene deals with the proper attitude of the mind in this great work of preventing or helping to cure physical ailments.

As we open the windows of our homes, letting in the pure air and sunlight to clear them of disease-breeding vapors and germs, so we must also open the windows of our minds and let in the sunshine of the All-Good to clear out the clouds of worry, discontent, fear, anger, and all inharmony.

It takes sunshine to produce a perfect rose, and so a man or woman, to attain physical and mental freedom from disease and suffering, must have sunshine inside. "No lot is so hard, no aspect of things is so grim, but what it relaxes before a hearty laugh."

"The genius of health is whole-heartedness of effort; partial effort means partial health." Unwholesome, morbid, self-centered thought is driven out, when a recognition of the claims of others takes its place.

Thinking can create circumstances and alter environment. When thought is healthy all things are good and beautiful. The tendency of the human soul is ever upward and onward. By desiring strongly the good and the beautiful we develop along that line. Thus we help close the eyes and the ears of the mind to worry, fear,

anger, distrust, and open them to the angels of peace, hope, comfort, happiness, and self-development.

Why worry?

"It is not the work, but the worry,
That wrinkles the fair, smooth face;
That blends gray hair with the golden
And robs the form of its grace.

"It is not the work, but the worry,
That makes the world grow old;
That numbers the years of its children
Ere half the story is told;

"That weakens their faith in Heaven
And the wisdom of God's great plan.
Ah! 'tis not the work, but the worry,
That breaks the heart of man."

An Eastern legend runs that a traveler met the Plague and inquired where it was going; the reply was, "To Bagdad to kill five thousand people." A few days later the traveler met the Plague returning and upbraided him with killing not five thousand, but fifty thousand people. The Plague replied that he killed only five thousand—fear killed the rest.

Fear is a spasm or fixation of the attention upon a distressing subject. When fear becomes chronic, we know it as "worry." It requires not only a germ to produce a disease, but a favorable soil in which it may grow. That soil is produced largely by a worried state of mind. The secret of the self-treatment and cure of worry is to acquire and cultivate self-control and a cheerful, helpful occupation.

One cannot decide to quit worrying, and stop; it is not so easy as that. To brace one's self, as it were, is only to put on the tension. To succeed, one must completely change the focus of the mind, divert the attention, cultivate the more cheerful attributes. Crowd out worry with hope; crowd out fear with courage; crowd out anger with peace; crowd out distrust with belief.

Hope gives a new outlook on life. With hope in the heart the mistakes and sufferings of the past are dead and buried, and every day is the world made new. To hope

the skies are blue, the sun shines bright, the flowers are fragrant.

Courage gives us strength and persistency and crowds out doubts and fears and weakness. Courage makes hesitancy and irresolution impossible; courage is the basis of happiness and wins honors and respect; courage brings patience and contentment; courage gives energy and self-reliance; courage makes of failure a success.

Every woman should make for herself a chamber of peace, a place of quiet repose, where only hopeful, cheerful thoughts are allowed to enter; a chamber wherein a few minutes spent each day brings mental tone and courage, just as the daily bath brings physical exhilaration to the whole body.

Cultivate bright, cheerful company, and the great physician, Mother Nature, will spread her glories and her healing charms all about us. Cultivate a new outlook on life. The old attitude of fear has not brought you any joys whatever; a hopeful outlook will.

This, we know, cannot be accomplished in a day; that is why we do not look for nor desire sudden cures; such, like immediate conversions, are seldom permanent. Our mental attitudes are of long standing and must be changed gradually, just as with our physical conditions. They have written themselves upon our faces in lines of care, fear, worry, self-distrust; they have impressed themselves upon our brain, our spinal cord, our whole nervous system, and the effect of these records cannot be obliterated with one wish; it takes WILL-FORCE, and that patiently and properly directed.

It cannot be accomplished by meditating sadly on the past. Yesterday is dead, dead forever, with all its mistakes and pain and sorrow; today only is ours. Self-pity and review of the sad and bitter details of past illnesses and past failures will not help us. They only set the nerves to jangling and throw the tired brain-cells into convulsive, harmful activity.

It cannot be accomplished by dreaming about tomorrow's possibilities. That is to become a visionary. It can only be accomplished by taking conditions as they

are and *doing* NOW the thing needed. A great law of health is that "motion must equal emotion."

The sufferer who says, "I will try, but I know I cannot get well," has lost the battle before it has begun. She has prepared the way for failure in advance; she expects it, and she will get what she expects. She will try in only a half-hearted way, which will lack the thoroughness and persistency necessary to success. She fails to realize that to succeed she must have more than wishbone, she must have BACKBONE.

On the other hand, the sufferer who has carefully considered the matter and says, "I believe I will get well," has won half the battle. She has put herself in the right mental attitude to *help* herself. She realizes that while faith may not be essential, *works* are, and that she cannot work to her own best advantage unless she does so mentally as well as physically. She realizes that "intention is the vital element in an undertaking."

To believe you can do a thing and to have the courage to live up to your belief is to achieve. There may be difficulties to overcome; there may be obstacles in the way, but the RESOLUTION TO DO is half the battle and gives strength to win. Courage is the watchword for health.

In Vimedia we not only present to you a natural system of treatment, based on Mother Nature's unalterable laws, but we help you to make use of the powers of development within yourself, the powers which will make of you a victorious conqueror, not only over sickness and disease within the body, but over sickness and disease within the mind, for it is not through things and formulas alone that the blessings of health and sanity are to be gained.

Vimedia used aright is truly a health medium—a way to health. The overcoming of physical ailments means a positive development of power within one's self—the gaining not only of health, but of mental strength and moral purpose; the acquiring not only of a new lease on life, but a new outlook from every point of view, which means the maintaining of health, strength, and happiness.

CHAPTER VI.

THE TELEPHONE EXCHANGE OF THE HOUSE. THE NERVOUS SYSTEM.

"The nervous system is the channel of communication between man and his Maker. The brain is the citadel of will, reason, judgment, and choice; it is the sanctuary of the moral nature, the dwelling-place of the conscience, and the abode of the spiritual emotions."—*Dr. W. S. Sadler.*

EVERYONE appreciates the value of sound lungs, a strong heart, a healthy stomach, and nearly everyone gives some practical attention to these organs, but the nervous system, which controls the functions of these organs, and out of which flow thought, feeling, emotion, and will, which makes us intelligent creatures, receives too little care.

The great central nerve stations are two: the cerebro-spinal; the sympathetic. The brain is the center of the cerebro-spinal, and from it radiate nerve chains over the entire body, which bear messages to and from the great center through sub-stations and thence throughout the body. Through these nerves the various organs of sense receive manifold impressions of conditions to be met, food required, and dangers to avoid. Millions of nerve filaments like a great network of telephone wires, keep all the different centers of the system in close sympathy and communion.

The brain itself is composed of vast numbers of cells, and from them run thousands of minute fibres. The business of the cells is to formulate ideas and impulses, and the fibres carry these messages to other cells throughout the body. Each cell has its own special work to perform, and cells of like function are gathered together in chains which pass out to the various parts of the body largely through openings in the spine. Some of these chains are interrupted by bunches of cells, or centers, like the sub-

stations of the telephone system. The whole structure of the brain, spinal cord, and sympathetic nerves is like a vast telephone system, actuated by a gigantic and complicated galvanic battery.

As the blood supplies each cell with its necessary nourishment and removes its used-up or waste material, so does the workman give each cell of his battery fresh chemicals from time to time and remove the used-up waste.

The sympathetic system consists of double chains, or ganglia, situated on each side of the spinal column and extending through cavities of the trunk and along the neck into the head. There are twelve of these ganglia, comprising the nerve-centers of this system, and there are three main centers: one controlling the organs in the chest, one (the solar plexus) behind the stomach, and one in the pelvic cavity. In this way the various organs of the body are associated with one another so that if one member suffers, all suffer. From this fact the name "sympathetic nervous system" is derived, which system maintains the laws by which our interior life is governed.

With so complicated a human structure, when diseased conditions exist we have a complication of troubles, just as when the main wires of a telephone system burn out or the batteries fail to work, there is *trouble all along the line.*

We do not think of the work of the nerves when we are well; we do not realize that the cavities of the heart are contracting steadily and alternately under the guidance of the nerves, by which means the stream of life, laden with nourishment, is sent to every part of the body; we do not realize that it is under nerve impulses or waves that the stomach pours out its juices that digest the food so that it may pass into the blood to nourish the body; we do not realize that the nerves are controlling every slightest motion, every slightest thought; we do not realize that when we have accustomed ourselves to doing a thing until it becomes a habit, the sympathetic nervous system takes charge of the action and makes it mechanical. If we

had to think of the acts of walking, talking, etc., our whole lives would be taken up with controlling the body, and there would be no time for intellectual development.

Our instincts are but path-ways in the brain, made by the habits of our progenitors.

People used to think that disease and ill health was the purpose of God. We know better now. We know that for almost every ill there is relief in a readjustment of the body with Nature. When the vital functions of the body get out of order, it is well to look to the nervous system and locate the cause of the trouble.

There is a difference between a symptom and a disease. The telephone refuses to work—that is a symptom; far away, in another building perhaps, the wire has burned out—that is the cause.

So there are symptoms that show the nerves are affected, and as long as the nerve-force is defective the organs do not properly perform their functions; the blood circulates poorly, and the skin is dry and bound, the hair is lifeless, the complexion is sallow or blotched, and the eyes are sunken or dull. Many a domestic tragedy has its inception in poor health and the bad temper that comes from it.

The work of the sympathetic nervous system is to control the functions of the bood-vessels. Through these nerves the blood supply is regulated in the heart, lungs, stomach, intestines, liver, spleen, womb and ovaries. The uterine organs have an immense number of these nerves, because they are abundantly furnished with blood-vessels, each and every blood-vessel, even to the tiniest, being controlled or governed by a nerve of this sympathetic nervous system.

The uterine organs, being so abundantly supplied with blood-vessels, are very liable to congestion; no sooner does this occur than the trouble is telephoned throughout the body—first in the immediate vicinity of the local trouble, but gradually throughout the entire sympathetic system, until one finds not only local irritation, but stomach, liver, and heart involvement. At first merely

reflex or sympathetic, under prolonged disturbance there is actual loss of power on the part of the nerves controlling these organs, and consequently functional derangements.

It is useless to treat, as in common practice, for merely organic derangements, since the first cause of the trouble is not there. That cause must first be removed, and thus thousands upon thousands of women have found through Vimedia's removing the diseased conditions in the uterine organs and its reviving and building up of the nervous system, causing pure blood to circulate freely throughout the body, that those reflex conditions have been reached and removed.

Not only through the sympathetic nervous system do we have disturbances of these organs of the body, but through the sensory nerves the trouble is telephoned from the spinal cord to the brain, and the sensation is one of pain and distress. When the condition is one of long standing, this sensation sent through the centers in the spinal cord soon involves them in the trouble, and they in turn give the sensations of backache, headache, and nervousness. Going to the higher centers, the constant irritation tells upon this part of the system, and we have mental depression, worry, irritability, and even insanity.

These diseased conditions create varying quantities and kinds of poisonous material that are thrown into the blood, and this excessive quantity being more than the lungs can take care of in their work of purification, much of it is carried back again throughout the body, and every cell, every nerve, every tissue, is being fed on impure blood. The power of the nervous system is consequently reduced, the muscles become impaired, the brain becomes less active, and the whole body drifts on towards complete nervous exhaustion.

United States Government statistics for 1904 revealed the remarkable fact that in the four years ending that date there were more deaths from nervousness, that is, nervous weakness, than from any other cause, not excepting consumption, "the great white plague."

It is quite probable that one reason for the alarming mortality from this cause is the wide-spread indifference with which it is considered. This is a great mistake, for nervousness is one of the most serious conditions which can befall the body and should receive attention from its first manifestation.

Those who suffer from nervousness—and their name is "legion"—have our sincere sympathy and pity, neither of which they get from a cold-hearted world. Human nature pities only that suffering which can be seen, and those who to all outward appearances are well, yet who know and feel that they are not well, must, as a rule, brood over their troubles in silence, or make up their minds to work out their own salvation.

"There can't be much the matter with you anyway." How often we hear that expression towards one who complains without apparent cause. Those who make such remarks should learn that one may be apparently strong, but really suffering from nervous disorders which make existence a wearisome burden and at times threaten one's sanity.

The body is a commonwealth in which different physiological systems constitute separate states, each one concerned in its own work and its own functions, and yet each inter-dependent on the others.

Thus the respiratory, circulatory, digestive, and generative systems are each designed for their own particular offices, yet each is dependent on all the others to a certain extent. The controlling force which governs all is transmitted through the nervous system. It is because of this intimate union that when an organ does not properly or completely do its work, the general health invariably suffers. The impairment varies from simple discomfort (Nature's warning) to complete nervous prostration.

In our age nervous exhaustion is prominent; it crops out in every direction. Our educational institutions promote it by cultivating the mind at the expense of the body. Our sedentary ways of living promote it. Our haste to get rich, our risks in business, our anxieties, our

cares, all help to bring on this terrible trouble. It is time for us to consider this matter carefully and determine something more MUST be done to relieve our generation from this trouble and show people how to conduct their lives so that peace and serenity shall take the place of haste and excitement and their attending evils.

By far the greatest number of cases of "nerves" in women are due to derangement of the womb and ovaries. Any inflammation, enlargement, or displacement of these organs is invariably associated with nervous derangements because of their direct connection with the brain and intimate nervous sympathy with the other organs.

The symptoms of nervous weakness are many, varying in different persons. The patient knows and feels she is ill, but cannot tell where or how. She becomes fretful and peevish and angry without cause. She is easily startled, sleeps badly, resolution and courage fail, memory is impaired, and she becomes easily confused. She is inclined to look on the dark side and think there is no hope of happiness for her. The appetite fails, and soon the whole body is out of order, and thus simple nervous weakness resolves itself into nervous exhaustion, nervous prostration, hysteria, melancholia, and actual insanity.

This weakness will not cure itself. From whatever cause or combination of causes this nervous depletion has been produced, the cause must be removed. This is a condition that will not yield to stimulative drugs or palliative measures. It requires that a special reviving and building process be employed, especially for the nervous system, and such a powerful strengthening and remedial agent has Vimedia proven that fully four-fifths of the so-called "incurable nervous disorders of women" may be cured through its use. But in addition to the use of the treatment it is necessary that a patient live close to natural laws, on which the treatment is based, getting an abundance of fresh air, sunshine, nourishing food, plenty of water, plenty of sleep, exercise, and cheerful society.

Above all, let one keep a good heart and a firm faith in one's restoration to health under natural means.

THE MISSION OF PAIN.

Pain has been aptly called "the physical conscience," the protest of the nerves to warn us of danger. It comes as a natural consequence of irritation or poisoning of the nerves or brain.

"Avoid pain," counseled the Epicurean; "Ignore pain," taught the Stoic; "Use pain," is the conclusion of the enlightened individual.

Pain is like a danger-signal on the railroad—it is there to attract attention. Something is wrong somewhere, and the sooner attention is given, the sooner the relief. To ignore the signal means wreckage. To try to cover it up with palliative measures avails nothing but perhaps a little temporary relief. The practical person acts promptly in seeking and removing the cause. Otherwise when a great quantity of one's nerve-force is destroyed through continued pain, there is complete collapse—not only physically, but mentally.

Physicians, state officers, superintendents of hospitals, and statisticians agree that eight of every ten women in the asylums for the insane are there primarily because of years of nerve-strain and depletion, mostly from uterine troubles.

Not only must the cause of the trouble be removed, but the nervous system, which has become impaired through this great overstrain, must receive special help, and this is most surely secured through the Vimedia system of treatment, which supplies directly to the nerve-centers reviving and strengthening principles, which are taken up directly by the blood and carried throughout the body, strengthening the whole of the nervous system; through it the circulation and purification of the blood is promoted, and when these things are accomplished, health follows.

With healthy nerves the whole body becomes more buoyant and vigorous; the mind becomes clearer and stronger; worry fades; the expression of the face becomes composed and tranquil; the lines of care disappear; the

light of contentment brightens the eye; energy, cheerfulness, good temper, and happiness are again enthroned. Thousands and thousands of women have been made new women, with new leases on life, through the use of the Vimedia means to health.

Pain is not in itself a disease, but a most important indication of the nature and location of a disease. It has been called "the language of the nerves, the cry of protest." The trouble is by no means always where the sensation is. Thus inflammation of the liver is usually felt first under the shoulder-blades; inflammation of the hip-joint in the knee, the tenderness extending to the toe, being often mistaken for rheumatism. Ovarian inflammation is usually reflected down the thigh through the limb, although there is local pain and tenderness also.

Pain in the left chest, not modified by or connected with respiration, may come from the heart or from the stomach.

Pain of sharp character in the chest, either front or back, becoming worse during respiration, indicates pleuritis, or pleurisy.

Pain of a dull, deep-seated character, worse with respiration and accompanied with cough, indicates pneumonia, or inflammation of the lungs.

Pain in the lower right chest—dull, dead, and aching, and shooting up into the shoulder—indicates inflammation of the liver.

Pain in the abdomen, with extreme tenderness, indicates inflammation of the bowels, or peritonitis, inflammation of the membrane lining the abdominal cavity; sharp, cutting, periodic pains, relieved by pressure, indicate colic.

Pain in the lower back, becoming worse on motion, indicates lumbago. Dull, constantly aching pain in the back, associated with abnormal urinary conditions, indicate kidney trouble.

Pain in the extreme lower back, over the termination of the spine shows rectal trouble, while pain in the small

of the back indicates uterine or ovarian inflammation or spinal irritation.

Pain over the pelvic region, with tenderness, frequent desire to void urine, together with burning, sickening pain in so doing, indicates inflammation of the bladder; burning pain extending into the side and down the thigh indicates ovarian inflammation.

Pain in the leg from thigh to toes, pressure on the great nerve-trunk, usually arises from an abnormal position or displacement of some of the pelvic organs.

Pain in the knee, with tenderness and inability to bear weight of the body on the leg, indicates hip-joint disease, or dislocation of the thigh-bone.

Pain in the foot, with tenderness on moving, indicates rheumatism or sometimes broken down arches.

Pain in the joints, with swelling and stiffness, indicates arthritic rheumatism, or hardening of the joints. The so-called "growing pains" are wrongly named and unfortunately often considered too lightly. They may arise from rheumatism or from tubercular disease located in the bones or joints.

Pain in the head may be from cold, catarrh, inflammation of the throat or ear, neuralgia, inflammation of the brain or spine, eye strain, or it may be reflex from unratural conditions in the digestive or generative organs. The periodic frontal headache so common among both men and women is almost without exception a reflex disturbance from the stomach, or with women from menstrual derangement primarily.

Pain in the head is a symptom of some constitutional or local disturbance, rather than a disease by itself. The location and character of the pain or "ache" usually clearly define the cause. A disorder that is far too prevalent, lightly considered, and receives scant attention is the pain in the head—headache.

Pain in the head should be treated, without exception, as a constitutional disorder, and any radical cure must look to a removal of its first cause; this is often so remote or deep-seated that only by such careful living and ra-

tional treatment as develops the vitality and resisting powers of the body is it possible to eradicate it. For this purpose the Vimedia system of treatment is unsurpassed. It seeks the underlying cause of any inharmonious relationship and corrects it by developing the power to resist properly.

During the general curative treatment under Vimedia, there are many simple, harmless palliatives that may be employed to promote the sufferer's comfort and welfare. Pressure in the form of a bandage is almost always helpful, also the odor of some pungent drug, such as camphor, peppermint, menthol, or lavender salts. Cold compresses applied to the forehead or with some to the base of the brain, generally bring relief, while in some cases of neuralgic headache heat is employed with great benefit.

The ordinary sick headache, which starts from a given spot, such as the eye or temple, accompanied by nausea or vomiting and retching, and which returns periodically or after overexertion or excitement, is a derangement of the nervous system and is entirely overcome by the Vimedia natural system of treatment, which strengthens and builds up and thus quiets the weakened and irritable nerves.

Bilious headache, accompanied by bitter vomiting, is a derangement of the digestive organs and must be treated as such. A temporary measure is to clear the digestive tract with a mustard emetic or with Vimedia laxatives and tablets acting upon the liver, but the curative measure under Vimedia, is to remove the digestive irregularities which *cause* the attacks.

The headache of constipation is a dull, dead ache with lethargy, caused by the poisonous substances, which should be carried out of the body, circulating in the blood. The only relief is the removal of the cause, either digestive or otherwise, and the building up of the nervous system through the Vimedia treatment.

The headaches of menstrual derangements are usually at the base of the brain. The pain passes upward over the head in waves, often with temporary blindness or accompanied by hallucinations. The only cure for these distressing headaches is in removing the underlying causes that are making the menstrual function irregular or otherwise abnormal. Those causes Vimedia aids Nature to remove.

CHAPTER VII.

THE LIFE STREAM OF THE HOUSE.

OUT FROM the lower left side of the heart spurts a living stream of scarlet, loaded with food for the tissues in every nook and cranny of the great body. Behind it the heart's outside door, the semi-lunar valve, is closed and the blood rushes off through the big artery, named the "aorta."

This aorta, a short distance from the heart, begins to divide into separate arteries and then each artery divides and subdivides, and so on until the capillaries are reached, the tiny branches that are invisible to the eye. Here the blood gives up to the tissues the materials necessary for their growth and nourishment, and at the same time receives from the tissues the waste products of the body. At once the blood changes from bright red arterial blood into the dark venous blood, loaded with impurities; this is taken up by the minute veins, which in turn unite to form larger veins, and is returned by them to the right side of the heart, from which it is conveyed through the pulmonary arteries to the lungs. In the capillaries or cells of the lungs the blood becomes purified by the air we breathe, and is then carried to the left side of the heart and begins again its circulation through the body. Thus the blood stream is both the food provider and the scavenger of the body.

The heart could send the blood through the body like a great wave, yet it does not do so, things being so arranged as to make its great function that of merely the maintaining of such a continuous pressure within the arterial system as to secure the onward flow of blood, so that when the nervous system (which holds the key to all our wants) opens the sluices in any one direction, the blood may flow in at once with such force as will allow

that organ to functionate actively, no other part of the body suffering. When this is the case, we possess all the delightful energy of perfect health; we can think clearly, walk without fatigue, and digest our food without trouble.

When the circulation is languid and feeble, every function of the body is more or less imperfectly performed. In such a state we are not necessarily ill, yet we are not well, and are little able to resist the many ailments to which we are constantly exposed. The germ of disease finds a suitable soil in the slowly and imperfectly renewed and consequently enfeebled tissues.

Perfect circulation is health, stagnation is disease.

With impure blood supply and low pressure every gland must secrete unhealthily as to quality and quantity. In such conditions life is poisoned at its spring, and the unhappy victim leads a more or less ailing life, prone to many diseases.

How often do we hear it said, "Oh! there is nothing wrong. The blood is a little poor, or the heart is a little weak." Words apparently of but little moment, but of great import to those who know that the function of the body depends upon the quality of the circulating fluid and upon the maintenance of a due amount of intra-arterial blood pressure.

The heart is kept in repair by the blood, which removes its waste and supplies it with fresh material; but if the blood is in any respect poor or imperfect in quality, all the organs of the body suffer in their nutrition and in the energy with which their functions are discharged, and the heart suffers the earliest of all because of the great amount of work it has to do and its great need of a pure blood-supply. Poor blood means a weak heart, thus not only weakening its function, but the functions of other organs, and producing more poor blood. We thus have a vicious circle of disease, from which the system cannot free itself without extra help. That is most surely and thoroughly secured through Vimedia, a natural system of treatment which enables one to regain the beneficent circle of health.

A weakened heart action means lowered vitality and less resistance to disease, and it deprives the system of bodily and mental energy so needful for success in the battle of life. Health, bodily comfort, future success, all require that careful attention be paid to maintaining a stout heart and good blood.

The arterial blood is a bright crimson, filled with nourishing food, and flows swiftly. The venous blood is dark, a bluish purple, and is filled with the waste and impurities of the body and also with nutriment it has received from the digestive system, which nutriment has to go through the heart and lungs and back to the heart before it is ready to be taken up by the body. The venous blood flows sluggishly throughout the system, not like the arterial blood, which rushes forward in leaps and bounds. When diseased conditions exist in the body, more waste is carried into the venous blood, it becomes thicker, and the flow more sluggish.

The heart pumps away steadily to force the blood through the body. Its hardest work is that of forcing the venous blood back, up hill, as it were, to the liver, to the heart, and from there through the lungs. If it were not for the stout valves every few inches along the veins, which automatically prevent a return flow of blood, the heart would find itself overworked. These valves are under the control of the nerves, and as long as the body is healthy this work goes on very regularly, minute after minute, hour after hour, day after day. In the moments between beats the heart ordinarily snatches a total of eight hours' rest out of every twenty-four hours. When the body becomes diseased, the nerves suffer in proportion, and the whole circulation becomes feverish or sluggish.

All these organs of circulation—the heart, capillaries, veins, arteries—are controlled by a special system of nerves which work automatically. The loss of nerve-force, therefore, is followed either by a more or less consuming fever or by a sluggish circulation, shown by a sallow, bound or wrinkled skin, cold hands and feet, etc., etc.

When the impulse or wave from the heart lessens perceptibly, the nerve-force, if it is all it should be, continues the business of forcing the blood on through the blood-vessels by causing their walls to contract and relax with a milking motion.

When the nerve-force is weakened through diseased conditions the obvious thing to do is to strengthen the nerves rather than stimulate the heart to increased action through the use of drugs, which, of course, could be but a temporary measure without any permanent results.

Another powerful agency in maintaining the circulation is deep breathing. When we breathe deeply of pure air all the millions of air-cells in the lungs expand to the utmost limit, and the oxygen of the air, coming in contact with the impure blood, burns out the impurities and waste, leaving the blood pure and enriched to make its round again through the body. If, however, the air we breathe is not pure and does not contain enough oxygen to burn up the waste, then distress, disease, and even death follow.

A deep, strong breath enlarges the chest and causes a partial vacuum, which Nature attempts at once to fill by hurrying the blood along through the veins towards the lungs and heart.

From the food the digestive organs, if healthy, extract all needed building elements; some of these are absorbed directly through the walls of the blood-vessels lining the stomach and intestines, thus entering the blood directly. The rest is taken up by the lymphatic glands and by them emptied through the lymphatic system into the veins. Waste is carried out through the organs of elimination. Perfect digestion in stomach and bowels supplies nourishment to the blood, which in turn conveys it throughout the body, each part selecting its own special food.

The blood is filled with red and white corpuscles or cells—small, circular, flattened bodies, extremely minute. Whenever there is injury to any organ or tissue, as inflammation, cut, sprain, fracture of the bone, Nature sends blood containing vast numbers of these white corpuscles to the locality. These white corpuscles have the power of

wrapping themselves around and devouring or assimilating disease germs, irritating substances, products of inflammation, and dead tissues which have been destroyed by lesion or injury. If outside irritating influences are more powerful than the corpuscles, accumulation of these white cells and of débris forms pus. An abscess or any accumulation of pus is simply a vast unnumbered aggregation of these white broken down corpuscles, an eloquent evidence of Nature's effort at healing, and it is their accumulated mass crowding on sensitive nerves that causes the pain.

Nature's matter-of-course, self-sacrificing system of conserving human life and health recalls, yet vividly contrasts, the ruthless battle-cry of Mahomet when desperately storming a walled and moated city, "Drive in the hordes! Fill up the ditches!"

In its natural channels and under ordinary circumstances the blood is fluid. On coming in contact with the air it changes into a jelly-like consistency, forming a clot. This is Nature's method of preventing death from hemorrhage after injuries.

When the circulation of the blood throughout the arteries, capillaries, and veins is accomplished regularly and naturally, with no friction, pressure, or impediment, the body is maintained in health and comfort; hence *perfect circulation is absolutely necessary* to physical welfare. When the blood becomes stagnated or held in undue quantities at any one point, this is known as congestion. Congestion may be natural, as when the blood is held at any one point, as in the brain, in hard mental work, with the purpose of aiding that organ to do its work. It is unnatural when it is held in large quantities at any one place without specific work to do, and such congestion may arise from colds, excitement, overwork, pressure of clothing, neglect, etc. Excessive quantities of blood held abnormally at one point are followed by pain, swelling and inflammation; thus congestion or stagnation of blood is the cause underlying nearly all the ills with which women are commonly afflicted.

Inflammation, wherever found in the body, is of the same general character. There is distention of the blood-vessels from undue amounts of blood, swelling of the tissues, pain, heat, and more or less impairment of the functions of the organs, while chronic inflammation leads to a breaking down of the tissues or ulceration. Inflammation in any organ of the body is designated by the suffix "*i*-tis" to the name of the organ. Thus "ovaritis" means inflammation of the ovaries; "peritonitis," inflammation of the peritoneum, the lining membrane of the abdominal and pelvic cavities; "gastritis," inflammation of the lining of the stomach; "vaginitis," inflammation of the vagina; "cystitis," inflammation of the bladder, from the word "cyst," meaning a sac; "pleuritis," or pleurisy, as it is commonly called, inflammation of the pleura or sac covering the lungs.

Most of the blood-vessels of the body are supplied with valves which prevent the blood flowing backward, and thus assist in the complete circulation of the blood through the body. There is an exception, however, in the generative system. At this point there is an absence of valves and more—a very free inter-communication of the blood-vessels in the organs. This, of course, makes them very liable to become congested. At the slightest departure from natural habits, or the least violation of natural laws governing these organs, excessive quantities of blood are brought to this point, and unnatural congestion follows. This is not only true on account of the peculiar blood-supply, but also on account of the intimate nervous connection of the generative system with the brain and the entire body. Thus we say that colds, exposure, overwork, worry, neglect, etc., attack a woman at the weakest point, the uterine organs, and that nine-tenths of the diseases of women have their origin in this unnatural congestion of the womb and ovaries.

Following this unnatural congestion, not only is there local inflammation and suffering, but through the nervous system there is reflex irritation throughout the body and disturbance of the functions of the various organs until heart, lungs, digestive organs, and the whole body be-

comes involved. Headache, backache, nervousness, and mental depression are but reflex symptoms of the unnatural congestion in the uterine organs.

A proper circulation of the blood is essential to health. Vimedia assists Nature in establishing this proper circulation by giving tone and strength to the nervous system, thus forcing on the congested or stagnated blood and causing pure blood to circulate freely throughout the uterine organs and the entire body. A strong drug gives temporary stimulation and therefore only temporary relief. Vimedia gives permanent stimulation to the circulation by strengthening the nervous system upon which proper circulation depends. It replaces a vicious circle of disease with a beneficent circle of health.

CHAPTER VIII.

THE USES OF THE HOUSE—WORK—PLAY—SLEEP.

"We have had somewhat too much of the gospel of work," said Herbert Spencer, "it is time to preach the gospel of relaxation." As someone has said "We should work for our living and play for our health."

REGULAR habits are necessary for the maintenance of perfect health. This applies to regularity in hours for work, recreation and sleep as well as to regularity in the time and amount of meals.

Work and play are essential to the happiness of mankind. Formerly we thought these were two distinct things. While we worked we had to work, making a drudgery of it, and while we played we had to play hard, for fear we would not get the chance again. With progress along all other lines, we are finding that in a measure we should make our work our play, and that if we look at it in that way and carry it out in that light, the work-time is not a time of drudgery, but a time of great pleasure in development along whatever particular line we may be working. We realize with Hugh Black that "work is the very salt of life; not only preserving it from decay, but also giving it tone and flavor."

When we went to school a long time ago, we learned our A, B, C by painful route. Now the most modern schools do not teach A, B, C at all, but through play which is really work the young American is taught to read and write.

"Work while you work and play while you play" may have been a good enough adage for our forefathers, but not for us. We realize that the greater part of our time is devoted to work, hence we want to know how to do this work to the very best advantage, to our very

greatest capabilities and self-development. We also realize that if we take up our work from this different point of view, whole-heartedly, enthusiastically, and happily, the work is not nearly so great a burden and we can accomplish more—can get more out of it than the one who is looking on it as a mere means of keeping body and soul together.

To work without play is to overwork, and overwork means early death. Statistics show that the farmer and other laborers who, although constantly out in the fresh air and sunshine, are negligent of play-time, maintain a death-rate only a fraction of a per cent lower than that of the dwellers in the slums of the city; and that because of the overwork of the farmers' wives, which brings on nervous and uterine difficulties, there is amongst them the highest percentage of insanity of any class of women in the United States.

Time was when the farmer's wife and the housewives of the city thought it criminal laziness to sit down to much of the work that can be done by women. It never dawned upon them that work could be made play and enjoyed the more. Now the modern woman realizes that her strength is not forever, and that she must think and make her brain do some of the things that heretofore she thought must be accomplished by many weary steps. The modern housewife takes her vegetables out of doors or to some cheerful, sunny room to be prepared. While she is doing this work she is playing with the birds, trees, and flowers—enjoying to the utmost the out-of-door freedom all about her.

Time was when she thought to take a short rest in the middle of the day a scandal and disgrace to the name of housewife; now she realizes it is one of the most economical things she can possibly do. She realizes that only a half-hour of complete relaxation and rest in a quiet, restful place gives her renewed energy, and she can work twice as fast and twice as well. Time was when she thought that the little attentions to hair, dress, and personal appearance were only for those whose "fortunes were not made;" now she realizes that fortunes may slip from the

grasp, and that when she does pay attention to these details, she feels much better, mentally and physically, and she looks bêtter, which is a fact dear to a woman's heart.

The wise woman refuses to allow herself to become unduly fatigued, stale, and dispirited, deserving the epitaph, "Born a woman, baptized a Christian, she died a conscientious drudge."

Time was when she thought the old-school methods good enough for the diseased conditions of her sex; now she realizes that advancement has been made along this line also, and that the closer she lives to Nature the nearer she is to getting well, and that a system of treatment that is based on natural laws is the system of treatment she should use. She realizes that drugs merely palliate her suffering without ever reaching and removing the cause. She realizes that mere local treatments are mere local treatments, and that while the congestion and inflammation may be temporarily removed, there is *nothing* to prevent their return, and consequently she never gets a cure in this way. She realizes that to remove an organ of the body is, though less apparent, just as crippling to the bodily functions as to remove a limb, and that patching-up afterward does her little good. She realizes that only with congestion and inflammation removed, and the tissues built up to normal resisting powers, does she obtain permanent relief. She realizes that a strong nervous system is absolutely essential to the functions of the different organs, and that all of this is brought about through pure blood circulating freely.

She realizes from observation and study that Vimedia is this natural system of treatment which is going to do all these things for her and make of her a new woman with a new lease of life, but she also realizes that the cure is wholly in herself. She realizes that food in the next town does not nourish her body now, and that enlightenment in the next generation does not serve her needs *now*. She realizes that first, last, and always the cure is in herself, and it is her duty to apply NOW the natural law to her individual case and use the treatment faithfully and persist-

ently each and every day for a reasonable length of time proportionate to that in which the diseased conditions have existed.

She is the NEW woman; not the one the paragraphers have been poking fun at for years, but the woman made new through a new outlook and a broader view of the great duties, responsibilities, and opportunities of life; a new woman, physically, mentally, and morally.

PLAY.

While work should not be made a burden, but more of a pleasure, still every individual should have an actual play-time when there is no work. Change of scene and environment refresh the body and quicken the intellect. Absolute relaxation of mind is essential at times, as well as absolute relaxation of body. We cannot get this complete relaxation if we are carrying our business with us; hence it is wise to occasionally get far away from our everyday busy world, into a different world of work and thought.

The city dweller finds peace and relaxation and health in a visit to old Mother Nature out of doors, while the country dweller finds in the lights and bustle of the city a stimulation and renewed energy after the quietness of solitude.

The fact is becoming so well recognized that it is customary now for workers in factories, stores, etc., to have regular vacations each year, and it is not uncommon to hear of a city dweller loaning her house for a time to the country cousin, and *vice versa*. This is wise playing. The playing that plunges into any change with excess is not beneficial. The mother who saves and scrimps and gets along almost any way so the family can have a vacation later on that will cost a great deal of money, does an injustice to her family and a greater injustice to herself. It is no longer considered wisdom to confine one's self to a skimmed-milk diet expecting that the cream will rise and await one's use hereafter. The normal attitude is expressed in Whittier's lines:

"I, grateful, take the good I find;
The best of now and here."

The worker who plods along from one year to another with only a single definite play-time in view does himself or herself a grave injustice and is robbed of the highest and best self-development within.

"He redeems himself from old age," said Edward Everett Hale, "who believes in the trinity of exercise, study, and sympathy for others."

SLEEP.

The Italians have a saying that the Lord does not pay every Saturday night—but He pays.

Continuous strain improves no instrument of labor, animate or inanimate. Every man and woman has lessons in his or her experience which prove the absolute necessity of relief from the tension of affairs. When such lessons are unheeded there are disastrous results. To keep one's bodily powers at par, one must honor health and willingly assist Nature's orderly processes.

The body has two distinct sets of forces: the consuming and the rebuilding. At the time the consuming forces are most active the rebuilding ones are less active or wholly at rest. Again, when the building forces are most active the consuming forces are at rest.

By this alternation of activity and rest the balance between the forces is preserved, and in just the proportion in which these two work together in harmony does the individual enjoy health. When the daily consumption of muscular and brain tissue is greater than the daily supply renewed by food, air, sunshine, and sleep, then weakness and disease begin.

In all Nature (the human body, of course, included) activity is the rule and not the exception. Authorities hold there is no such thing as absolute inactivity, for even in death there is chemical activity, changing the tissues into dust. Therefore the term "rest" as used here is a relative one, and applies to the state of quiet relaxation

or unconsciousness, during which the rebuilding powers are active.

These recuperative powers are especially the night-workmen of the body and are directed by the involuntary or sub-conscious brain-power. They restore to the individual, with more or less interest added, the forces consumed by the day-laborers of the body, which latter are largely guided by the conscious or voluntary brain-power known as "will."

When the daily activity is perfectly compensated for by adequate rest, during which rebuilding takes place, there is not only a maintenance of the strength, but also a development of the body's natural reserve power for emergency needs.

Sleep is the "sovereign calmer," the great rejuvenator of the body, the winder-up of the force in the nerve-cells in the brain which generates power for the work of the day. Deprive the brain of this life-giving sleep and there is trouble; at first only a dull, heavy feeling—headache, or a tired, worn-out feeling of the body. When one is habitually deprived of sleep, then serious mischief is manifest.

In very young persons convulsions, congestions, and acute inflammation of the brain are likely to occur; but when the lack of sleep is not so great, but more or less protracted, the child will either acquire a stupid, listless manner or a very nervous, irritable one.

In adults keeping the brain in a state of forced activity produces a dull, heavy feeling and more or less acute pain. When the trouble is chronic, connected thought becomes almost impossible, and the entire body sympathizes and suffers by lack of nerve-tone; insanity, apoplexy, and paralysis frequently following.

Sound sleep, during which the mind is in a state of complete unconsciousness, is absolutely necessary to the rebuilding of the body, after which we arise with new energy and new strength for the tasks of the day. "There is no known antidote for fatigue," says Frederic Lee, "unless it be rest, with all that rest implies. Sleep allows the reparative process of rest to be performed most quickly and completely. A moderate degree of fatigue,

or even a considerable degree, when not too often incurred, is not detrimental to a healthy body and is even to be advised. The healthy body is provided with great recuperative powers and does not rapidly succumb to even excessive demands on its energy; but it should be allowed the proper condition for recuperation, and that condition is adequate rest. There is danger when the fatigue of one day's labor is not eliminated before the next day's work is begun. The effects may then be cumulative, the tissues may be in a continued state of depression, and the end may be disastrous."

Brain and muscle must relax and become, as it were, perfectly limp. The nerves, which during the day have been tightening the muscles in various activities, should at night be free from work. This art of relaxation is absolutely necessary to perfect rest, and those who go to sleep with fists closed tight, elbows rigid, back straight and still, muscles of face puckered and mind concentrated on some knotty problem, cannot expect restful sleep. Under these conditions the consuming forces are still at work, and the rebuilding forces have but little show. On the other hand, one may, while fully awake, acquire the art of relaxation so completely, not only of mind, but of body, that he may arise from an hour or less of relaxation perfectly refreshed.

During active waking hours the body is consuming more strength than it is storing, but during sound sleep it is storing more strength than is consumed. When rest has been sound and complete, one wakes with a sense of new life; but if the rest has been broken or rendered fitful under some great mental strain, the morning dawns with a feeling of weariness and loss of strength. Man may live for a long time without food but he cannot live for long without refreshing sleep; hence, one of the old barbarous methods of punishment was to deprive a man of sleep and thus of life.

More and better sleep is needed in disease than in health, because the patient, through loss of appetite, does not derive much benefit from nourishment, and because

disease tears down faster than the body can be upbuilt through this nourishment.

Those who do not sleep well are not only tired, but melancholy. They take no interest in work, and poorly attend to their daily duties. No desire is felt to exercise or go into society. They become irritable and weak. Realizing the great suffering that follows a nervous condition that does not allow the invalid to sleep soundly, we can readily understand how easily women can be persuaded to resort to narcotics for relief, forgetting or not knowing that these invariably lower the vitality and poison the system.

The Vimedia system of treatment recognizes that nervousness, loss of sleep, etc., are but reflex symptoms, the cause of which must be sought for and removed before the symptoms will disappear. It not only removes the cause of the trouble, but goes a step further; being used directly over the spine, where, through the wonderful absorptive powers of this part of the body, the strengthening elements are taken up directly by the blood to the nerve-centers, in a short time restful slumber is induced. This being done, the upbuilding forces of the body set to work with new energy. The spirit power of Nature's healing herbs, "those little doctors of the soil," conveyed through Vimedia to the human cells, removes congestion and inflammation wherever located, causes the blood to circulate freely and by enriching the blood causes it in turn to feed and build every nerve, cell, and tissue until the whole functionates normally and without pain.

"To live well in the quiet routine of life; to fill a little space because God wills it; to go on cheerfully with a petty round of little duties, little avocations; to smile for the joys of others when the heart is aching—who does this, his works will follow him. He may not be a hero to the world, but he is one of God's heroes."

THE VALUE OF DAY-TIME NAPS.

Thousands of women are far too "busy" ever to think of taking a nap in daytime. They would smile at the suggestion were it made to them.

When one tells these busy women that they are suffering from a form of nervous weakness and are in need of

repose, that they may preserve their youth, strength and charm by taking regular rests by daylight, they shake their heads and smile with pity at their foolish advisers. Nevertheless we venture here to *urge* such to re-read carefully the introduction to this Health Book.

The best choice for a day-time nap varies with the individual. Sometimes it is well to select a half-hour before luncheon. Food is more easily digested and assimilated when the body has had a period of rest. If the nervous energy has been strongly taxed and is nearly exhausted before eating, indigestion is very liable to result.

Those who have the care of little children, ought to insist on their taking a regular nap in day-time. The rapidly developing brain needs a proper amount of repose.

CHAPTER IX.

A WOMAN'S SPHERE.

Some talk about a woman's sphere
As though it had a limit.
There's not a place in earth or Heaven,
There's not a task to mankind given,
There's not a blessing or a woe,
There's not a whisper "Yes" or "No,"
There's not a life, there's not a birth,
There's not a feather's weight of worth,
Without a woman in it.

—*Toasts to Women.*

THE IRON LIMITS to the past interpretation of woman's sphere are becoming hard for some to realize. No longer has she but one function—her sex. She is getting away from the enforced, exlusive, supposed concern in the small talk of the "Woman's Page" of the daily paper and magazine. Now that she is beginning to use her human (as distinct from sex) powers, she is coming into her own.

Two hundred years ago Bridget Gaffort gave the first land donated in New England for a public school. A school was erected thereon which no girl child might attend. The world has moved since then. Forty-five years ago, when greater freedom was everywhere in the air, the woman's club movement took shape. Though its beginnings were derided by many, it has developed such a co-operation in the striving for better things, such a reaching out and clasping of hands for general helpfulness, that it now embraces some eight hundred thousand club women in the United States alone.

As woman progresses, so progresses the race. For "it is the woman," says Olive Schreiner in "Woman and Labor," "who is the final standard of the race, from which there can be no departure for any distance for any length of time, in any direction; as her brain weakens,

weakens the man's she bears; as her muscle softens, softens his; as she decays, decays the people. It is through the wombs of its women as through moulds that the entire race must pass every generation."

The present-day faith in what woman is to do is tremendous, and the call to higher action like the sound of a trumpet. There is absolutely no limit to her sphere. Day after day she is making new strides in the emancipation of her sex. Day after day she is asking for greater opportunities, and she is getting them, for she is going after them. Day after day she is demonstrating that the mentality of woman is not below, but on a par with or frequently above that of the average man. Time was when her sphere was decidedly limited, and therein she could work only to a certain extent, but now the whole wide world—the world of humanity, is hers, and she is not afraid to go forth and conquer.

There are thousands and thousands of women, however, who are well content with the seemingly narrow sphere of the home. Seemingly only, for it is really the largest, the broadest, the most far-reaching sphere of all. From it go forth sons and daughters to better the world, and she finds that truly the hand that rocks the cradle rules the world. Her work is not with frail and perishable matter, but on the immortal mind, molding and fashioning beings who are to exist forever.

And in her own special field she has made wonderful progress during the last twenty-five years. Anything and everything is not good enough for her children. A careful attention is paid to their diet, that they may have only the best and the most nourishing of food, and that judiciously used. Anywhere and everywhere is not the place to play, but much attention is now given to the playgrounds of children, and the free park movement and the play-ground movement have grown out of her efforts to see that her child starts right. Not only is she very thorough in the matter of personal hygiene, but she takes an active part in the municipal and state sanitation, realizing that neglect of these react upon her child.

No longer does she play at the game of hide and seek with her children when they inquire into the wonderful mysteries of life. She realizes that this is a very grave matter for them, and carefully and thoughtfully and prayerfully she unfolds to her children the wonderful story of life, beginning with Mother Nature's beautiful plan with the flowers, trees, birds, animals, and so on up to man. She realizes that coming from mother, pure and clean, the story cannot but have a wonderful developing effect upon her children, and in this way she protects them from the knowledge acquired in a debasing way, that could not but brush off the dew of innocence and leave them crippled indeed. She lets in the broad, full light of knowledge, and is repaid in seeing her children develop into true, noble womanhood and manhood with minds above petty and debasing thoughts.

But before this, long before this, she realizes that her responsibility does not begin at the cradle alone; it begins farther back, back before the conception of life. Early in her womanhood she realizes that some time, some day she should have the glorious privilege of motherhood, and so she prepared herself that she might be ready. She became physically sound. Every little blemish in her own physical being was removed, and then she studied the natural laws (hygiene, etc.), that she might remain physically sound and whole. She not only prepared herself physically, but mentally, and, realizing that she could at least endow her child with physical excellence and mental proficiency, she kept the matter ever before her. When love came, it was not the all-consuming passion that but destroys, but the quiet, sure flame of affection, based on mental as well as physical attractiveness. She demanded much of the father of her child and she procured what she demanded.

Early in life she found Vimedia a great friend indeed. At the slightest cold, exposure, or overwork that threatened to result in congestion she used the treatment, and found almost instantaneous relief. When, from hard, mental or physical labor, she found the nervous system somewhat overtaxed, she knew the use of Vimedia would

be followed by a general upbuilding. She found that prevention of disease was a thousand times better than its cure, and as a preventative she used Vimedia, a friend in need and a friend indeed. She made of it her household aid, and never found it to fail her in any of the emergencies of life, whether these concerned most directly herself, her husband, or her children.

From the beginning of conception she used the Vimedia treatment faithfully, not only for her own physical upbuilding, but for that of the child, thus insuring a sound, healthy body. From the beginning she demanded the living under natural hygienic laws and the opportunity for mental development, that her child might be endowed with a quick, active, intelligent mind and moral pureness. She demanded much, for she expected much. In her dreams this child should become a great artist, a great poet, a great statesman, a great power for good in the world, and she realizes her dreams. She realized that the world's betterment rested upon her, and she was willing to meet the demand. Thus, with physical perfection and mental purity and aloftness, she entered upon her life's work, finding in it greater recompense than could possibly come to her from any other line of endeavor..

To her, her predecessors and successors, this book is loyally dedicated.

It will always be the true and lasting glory of Florence Nightingale and her band of devoted assistants during the horrors of the Crimean War that they broke down the Chinese Wall of prejudices against the activities of women in nursing and other branches of health advancement—prejudices religious, social, and professional, and established a precedent which will indeed multiply the good to all time. Largely from her initiative have come our present-day institutions for the training of nurses and movements, such as the Vimedia work, for better physical conditions among women.

"What is a woman for?" was asked at a meeting of the American Social Science Association in Saratoga some years ago. A writer in the New York *Sun* replied:

"She is for soul, for thought, for love, for bewitchment, for romance, for beauty, and for man. She is for this world and for other worlds. She is for all time and after time. She is for memory and for hope. She is for dreams beauteous. She is for the fulfillment of human imagination. She is for the household and her mate. She is for everything. She is for life. She is for faith. She is for earth and heaven. She is for summer and winter. She is for the glory of the world, which would be intolerable without her. She is for daintiness and delicacy. She is for youth, for middle age, for old age. She is for the merry-hearted and for the weary-footed. She is for light. She is the crown of creation, the consummate masterpiece of Nature."

The full exercise of such powers is only made possible in the atmosphere of health, which the use of the Vimedia system of home treatment helps create.

Vimedia enables woman to regain her birthright of health and to acquire a new dowry of strength and endurance. When a woman comes really dowered for a great work, there is on more possibility of preventing her from doing it than of preventing a Pharaoh's daughter from rescuing for a princely rearing the proscribed Hebrew infant, Moses; or of preventing a Queen Esther from the saving of her race despite the unchanging laws of the Medes and Persians; or of preventing a Ruth from the exercise of a filial devotion that made her the progenitor of a Messiah; or of preventing Mary, singing in her heart, from bringing forth a Son, because of whom "all generations shall call her blessed" and all women who bear the name of mother; or of preventing a Monica from bringing to a new birth a wild and wayward son, St. Augustine, to give form to Christendom's grandest hymn, the Te Deum, sounded weekly by millions of voices and hearts; or of preventing a Joan of Arc from inspiring to victory the armies of France; or of preventing an Isabel of Spain from selling her jewels to finance the westward voyage of Columbus; or of preventing a Queen Elizabeth from giving direction and name to an age which brought forth a Shakespeare; or of preventing a Florence Night-

ingale from bringing order out of chaos in the relief of the wounded in the Crimean War; or of preventing a Francis Willard from gathering with many tears but with a courageous heart a band of women with whom she could unite her strength in battle against women's most insiduous foe; or of preventing an Alice Freeman Palmer from investing the higher education of women with a new enthusiasm, efficiency and dignity; or of preventing a Jane Addams from lighting so many lamps of social hope; or of preventing a Madam Curie from discovering in the chemical laboratory the marvelous radium before which all other concrete forms of force pale into insignificance.

Physical, mental, and spiritual health is necessary to enable one to accomplish great deeds in the world as well as to persevere with serene patience in the small duties of every day life. Vimedia is the surest means of bringing to its users a healthy body, a clear mentality, a serene, courageous spirit. Vimedia aids women to be cheerful and useful, therefore beloved and happy.

CHAPTER X.

A HUSBAND'S INTEREST.

"It is as much our duty to obey the laws of physical health as to be honest in business; and avoidable disease is as disgraceful as any other form of vice."—*E. H. Griggs.*

ALL SUCCESSFUL business men are necessarily economists. Careful saving is one of the most important factors in establishing and maintaining their business. They are very careful about the pennies that go out and the pennies that come in, so that when circumstances are right they may make a judicious investment of the dollars. They know the "why" and the "wherefore" of every little item of expense in their business, and do not by any means consider it a waste of time to devote hours to figuring on how to save a difference of one-half cent on the dollar on a big deal.

So also the successful business man appreciates the economy of vital forces. He knows the nature of a strong, healthy body and develops it by intelligent exercise and right living; that through the sound body and the mental discipline of right thinking and good reading he may have a keen, clear, well-informed mind. He realizes that a prosperous, profitable business develops as the natural outgrowth of a sound body and a sound mind; that "the first wealth is health." He perceives the prime importance of attaining health, not merely wealth. Wealth is the most envied, but the least enjoyed; health is the least envied, but the most enjoyed. Although the poor man would not part with health for wealth, the rich man would gladly part with a great part of his wealth for perfect health.

The word "Man" from the old Sanskrit language means "the thinker"—one who *trys to know.*

No successful man thinks that facts concerning his physical welfare should be the sole knowledge of the phys-

ician, but he reads and studies these matters closely for himself, so that he may know just how to intelligently care for the body for its own best good and thereby prevent disease. He also, for self-protection, takes an interested part in the promotion of city, state, and national sanitation, guarding against unhealthy and undesirable conditions.

Should any little common ailment overtake him, he seeks and removes the cause, whereupon the body readjusts itself to normal conditions. He realizes that he is master of his own health, his own happiness, and his own success, and that the truest economy for him in his business is to put health first. He knows that it is dangerous not to realize the necessity for action.

What about economy in the home—economy, not merely in the expense of daily living, but in the outlay for the general health of the household? Here also he has found that rational living conserves strength and health and saves doctor's bills. He has his house well heated, well ventilated, and well cared for. He sees that the food used is of the right kind for the greatest physical upbuilding not merely to please the palate, and he sees that disease germs, thieves that they are, do not find harborage in unsanitary conditions, and that there is no place that invites them to stay. All this as the result of the progress of the age. Not so long ago people paid little attention to these important matters; but with the progress of civilization along other lines, man is progressing in this, until the average man knows full well the value of personal and social hygiene.

There is, however, in many homes one economic factor that comparatively few men have turned their attention to, and that is the ailments of their women. Too often these are accepted as inevitable, just as one accepts the weather. In this matter many men are woefully ignorant of the causes of diseases and their proper correction, and yet it is a matter that concerns them most directly and vitally. An ailing wife means a cross and irritable wife, and many a domestic tragedy results from this one cause —in which neither is intentionally to blame; the man is

uninformed and uncomprehending, the woman too ill to be responsible, worry and expenses multiply, the peace of the home is undermined, causes of offense arise. They drift farther and farther apart, and the home is wrecked, lives blasted, and frequently financial ruin also follows.

The ailments of a wife are matters vitally affecting a husband and should have his careful and thoughtful attention. He should not be content with old methods or customs any more than he would apply such to his business; but he should give the matter careful consideration from every point of view, not only for his own sake, but for the sake of one who must, more or less, lean upon him for help and guidance. Husbandhood and fatherhood are not mere accidents; they are the most solemn obligations of the head of a family; and the whole of this book should be read and studied thoroughly by every husband.

Too frequently a woman seeks to hide her aches and pains, first from a sense of modesty, and secondly because she does not wish to burden her husband with what may seem to him trivialities. She realizes that in business he has many harassing cares, and that he seeks his home as a place of comfort and peace and quiet, and if she is a true wife she endeavors to see that he finds it indeed a haven. As long as she is well and strong the machinery of the home runs smoothly and the sky is without a cloud; but if she is not well and strong, if she becomes subject to the many ailments that commonly afflict women, then the house becomes more or less out of order, and there is friction that tells not only upon his temper, but upon her own.

Frequently, through her great love and desire to save him worry and annoyance, she will make the mistake of trying to cover up her aches and pains through the use of palliative or stimulative measures, only to find that even these temporary aids fail, and that she is more miserable than before.

Finally, the husband begins to understand that she is not well and advises her to consult a doctor; that is what doctors are for, and he dismisses the matter from his mind. Every once in a while the bills come in, and he asks her if

she is still treating and if she is no better; nearly always the answer is, "Not much." He finds the bills mount up during the weeks and months, and he suggests that she change to another doctor, which she does, but still without much benefit.

Of course this is a constant expense that is quite irritating to his sense of economy, but is something he does not seem able to cope with. It is all an unknown field to him, and he hesitates to try to do anything about it. The constant drain on his income in this way compels him to cut down expenses elsewhere, often to his financial loss in the end, and this worries him and makes him irritable. Of course, he does not mind the expense, if his wife only gets well; but this keeping his nose to the grindstone is highly aggravating.

He begins to wonder why does she not get well? The reason will become plain, if he carefully reads up and studies the matter. He has learned, from being responsible for his own physical welfare, that circulation—perfect circulation—is health; congestion is disease.

He reflects that most ailments that commonly afflict the human family are due to congestion at some point, and that to maintain health one must keep the blood circulating freely, and that, as the nervous system controls the circulation of blood, this must be kept built up and normal at all times. With these conditions present, he knows he will have health.

He realizes that the same law applies most closely to the physical welfare of women for the reason that women are more liable to congestion on account of the delicate mechanism of the uterine organs, which have been built up to sustain two lives, not merely one. Therefore as he reads and studies he finds that the trouble lies in congestion in the uterine organs and that this congestion must be removed. It is what the doctor has been trying to do and in which he may have partially succeeded; but because no special upbuilding is given to the nervous system, at the first overwork, exposure, neglect, the old conditions return, and she must resume former treatments. This means added expense. He no sooner recuperates a little from

the previous drain of expenses than they are with him again, and he gets very much discouraged.

At this juncture he comes to learn of Vimedia, a natural system of treatment, based on Nature's universal law as to the cure of disease. He finds that the treatment is purely vegetable and guaranteed by the makers as harmless under the pure food and drug laws, and that it not only removes the local congestion, which is but one step in the process of cure, but that it revives and builds up the nervous system, purifies and enriches the blood, and that through its use disease is entirely removed and the general health built up. It not only attacks the diseased conditions locally, but externally, internally, at every available point, and, more than that, it is used in the privacy of the home, and best of all, it cures. It appeals to him as a perfectly safe method of treatment, and he has his wife begin its use without delay.

His judgment is justified as in time she gets rid of the burden of disease and begins to blossom out as she did in her early womanhood. Once more there are roses in her cheeks, a sparkle to her eye, and elasticity to her step, music in her voice and he finds that she is truly a new woman. This, of course, brings him much happiness; for when Vimedia restores health, its effects are far-reaching. The wife, well and happy, goes about the management of her home with new interest, and the whole house shows the touch of real care. Many little expenses that had to be before, are now cut down, and he finds on the whole he has gained very much financially, and that to him and his Vimedia is truly worth its weight in gold.

HIS DAUGHTER.

Suppose it is his daughter that is ill, rather than his wife; his daughter, who is his heart's core, his life and joy. His sons are his pride, but they are men; they can battle for themselves. His little daughter is his special interest and care. As she approaches that wonderful change from girlhood to womanhood, she has her mother's most watchful care and his own most delicate attention and sympathy. Under no consideration would he intrude

in any way upon her sacred sensibilities; that is the mother's duty; but if he is a wise father he will see that the mother appreciates her great responsibility at this time and does not shirk it from any sense of false modesty. Perhaps he can look back to errors in his own life arising from ignorance, and, having progressed with the age of progress, he is determined that his children shall at least start the battle of life with a true appreciation of their physical functions.

If the daughter is strong and healthy, the change is made imperceptibly, and she blossoms out into a young woman with added grace, charm, and strength, a blooming pink rose; but if her physical body has not been properly developed, the change is a serious crisis indeed and she comes through it a drooping white rose, to whom the menstrual function is a time of physical and mental anguish. They call the family physician and he perhaps tells them Nature must take her course—and gives some palliative to deaden the pain at the crisis.

Time goes on, and the rose becomes whiter and more drooping. The father's heart is wrung with sorrow, but what can he do? Surely all the medical skill and science in the world should do something for his child, but when the physician advises local treatments for her, the father instinctively shrinks with abhorrence, realizing that this means a certain blunting of delicate sensibilities and the robbing of the exquisite charm of modesty which every young woman should possess. To what extent dare he trust the modesty, health, and happiness of his white rose to another man, even though that man be a physician. True, he has every confidence in his physician, but all the professional skill in the world cannot replace these maidenly charms, once they are lost; and would the physician himself have his daughter submit to a similar experience?

What can he do? At this point there is presented to him Vimedia, a wholesome home treatment; a treatment free from narcotics and strong drugs, and one that for the sufferer is self-applicable, perhaps with the assistance of the mother; a treatment that removes the underlying cause of the trouble, whether too great pelvic congestion

or undeveloped conditions, by reviving and building up the nervous system which controls the circulation of blood through the parts and the functions of the organs. Through its faithful use for a reasonable length of time the abnormal conditions are entirely overcome, and that with absolute safety and privacy, and the white rose becomes the blushing rose, and the father's heart is gladdened once more.

But, if the father is short-sighted, if he is a poor economist in the broadest sense of the word, if he has not progressed with the age, but still clings to old methods and old customs, believing that it is not for him to question professional methods, but that what was good enough for his father is good enough for him, he may ignore the value of this natural home treatment and let his daughter drift on from local treatments to the operating-table, only to find that this was the greatest error of them all.

Many a father has awakened too late to the fact that curetting of the womb or cutting out of the ovaries does not mean relief from, but increase in suffering, and when it is too late would give all he possesses to undo the work of the past. He knows he would hesitate long and try every other method, as long as it would be guaranteed harmless, before he would allow the surgeons to remove a limb from her body.

It is very easy for him to appreciate the loss to her in that; he can realize the disfigurement, but he does not know, or he fails to think of it carefully, that to remove the organs of womanhood means not only added pain and suffering, but disfigurement in more ways than one. Not only is there great and permanent physical loss, but frequently the whole mental outlook and tone have been impaired. She loses a certain womanly charm; and should the ovaries be removed, she is robbed at the very outset of life of the highest and noblest physical attribute—the capacity for motherhood.

O fathers and mothers, there will be more to answer for at the bar of Judgment than you think! What right have you to bring a child into the world unless you do all in your power to endow it with physical perfection and

mental activity and teach it how to preserve them? What does food, shelter, and raiment signify if there are to be sacrificed things needful to soul-development? What does wealth profit if there is a lack of self-knowledge on the part of one's children to protect them from the many dangers that beset their paths? What does all your love and care amount to if you send them out in life unequipped for the great problems and the great duties that life holds before them?

The father's and husband's decision at this great crisis in the lives of those near and dear to him determines their future welfare. It is his great duty to see that this decision is made along the line of right thought and right living. His common sense cannot but decide for an effective, natural system of treatment that is absolutely harmless. His logical reasoning powers cannot but decide that the cure of these troubles is to remove the cause and that the cause is not reached by merely removing the offending organ. His analytic mind, going away back to cause and effect, finds these conforming to the same law governing his own physical being, and that appeals to him as reasonable. He knows in his own case the cure of disease is to remove the underlying congestion and inflammation, build up the nervous system, cause pure blood to circulate freely throughout the body, and why should Nature's unalterable requirements be disregarded in the case of a suffering wife or daughter?

A careful investigation leads him to perceive that the *Vimedia system* of treatment is more than curative, it is educative; it leads women along the line of right thinking; it educates them as to their physical being, the cause, nature, and cure of their troubles, thus laying a firm foundation for intelligent home treatment during illness, and for permanent good health after the cure, by conforming to Nature's laws.

He finds that the treatment is more than a local treatment, more than an internal treatment; that through the wonderful absorptive powers of the skin this skilfully prepared remedial agency is taken up directly both at the

point of trouble and over the spinal centers of the nervous system, proving both a local and constitutional treatment.

He finds that the Vimedia system of treatment enables one in one's own home to attack the diseased conditions at every available point, and thus, in advance of any other method, to so revive every nerve-cell, every tissue, that the whole body is built up and strengthened and comes to functionate normally and without pain.

He finds that Vimedia does not attempt to merely palliate the suffering, but that it goes to the root of the matter and removes the cause; that it reaches that cause through the circulation and nervous system, the great functions through which bodily health and vigor are maintained, both in man and woman.

He finds that Mother Nature is really the great cure-all, and that Vimedia is a help to Nature; that she is always putting forth her best efforts in our behalf, and that when we give her the necessary assistance she repays us a thousand fold.

He finds that the cure through the assistance of Vimedia, being Nature's, is sure and permanent, so that disease does not recur, unless through the violation of laws that first produced the conditions, which is most unlikely, as the Vimedia movement seeks not only to cure women, but to so instruct them as to their physical welfare that they appreciate the laws of Nature and by conforming to them remain well.

He finds that Vimedia is DIFFERENT in substance from anything else that is offered him, and DIFFERENT in results —highly satisfactory, as thousands and thousands of women attest.

A member of a life-saving crew along the shores of Lake Michigan once told how that, owing to the sudden storms, the nearness of shores, the treacherous undercurrents, and other causes, many lives were lost every year; how that sometimes when they threw out the life-line many were too scared to take hold of the line when it was right within their grasp. Many a Vimedia representative throws out the life-line to a suffering woman who is drifting into chronic invalidism or to an operation,

or sinking into the awful gulf of insanity, to have her refuse to take hold of it, not because she is too scared, but because she has grown too indifferent, too irresolute, too weak-minded, to make a vigorous effort to get well. Is there none to save? Will not you, husband or father, see that she gets such a life-line as Vimedia at this crisis?

Thus was the obligation expressed by Arthur Hardy's "Ambassador"—"You cost the woman whom you call 'Mother' pain and blood and tears. Do not forget to pay that debt; it is a debt of honor."

PART TWO

AILMENTS OF WOMEN

DISEASE IS AS HEAVY AS ARMOR IN BATTLE
AND SHOULD FOR YOU BE AS OBSOLETE

CHAPTER XI.

THE PELVIC ORGANS.

THE TERM "PELVIS" is applied to that mass of bones which, placed at the bottom of the spinal column and resting on the lower extremities, connects them with the upper part of the trunk. In shape it is much like a basin; hence its name "pelvis." It is formed on the principle of a double arch, which structure in architecture possesses the greatest degree of firmness that can be devised for the quantity of material used.

The greatest diameter of the pelvis in women is a little over five inches, yet within its limits are contained the womb, ovaries, and Fallopian tubes; the vagina, bladder, and rectum, with all their supporting ligaments and tissues. The true pelvis is the lower or smaller part and the false pelvis the upper part of this basin. In this false pelvis the fœtus develops after the fourth month of pregnancy. The bowels are found in this upper part of the basin. The abdominal walls of muscular and elastic tissue assist in the support of the pelvic organs unless they become weakened and relaxed through improper care during or after pregnancy, or through incisions from operations.

The arrangement of the internal organs from the front backward is: the bladder, the womb, the rectum. Each of these has an outlet from the pelvis, forming natural openings of the body. The bladder opens through the urethra, a membranous canal one and a half inches long that runs above the front vaginal wall. The womb has an outlet through the vagina and the rectum an outlet through the anus.

The vagina is the elastic muscular canal, leading from the vulva, the external opening, to the neck of the womb or uterus, which it surrounds. It is from four to six

inches long and from an inch and a half to two inches in diameter. It is lined with mucous membrane and supplied with a great number of little mucous glands, which in health lubricate the parts with a slight secretion, but which in ill health pour out quantities of the discharge, to the depletion of the body. The vagina has a muscular coat, a layer of erectile tissue, and an internal mucous lining, as described. This passage is slightly curved and narrower at the middle than at the extremities. On either side of the vagina, near the opening, are two glands (the glands of Bartholine), whose excretory ducts open upon the side of the internal labia; these, when clogged or infected, become inflamed, enlarged, and very painful.

Normally, this vaginal canal is of narrow dimensions, its walls nearly touching; but, on account of its being the passageway from the uterus to the outside world for the newborn child, its structure admits of extraordinary distention.

In early life the vagina is usually more or less closed by the membranous fold, called the "hymen." It is generally very thin and easily lacerated, but it is sometimes quite firm, so as to prevent penetration, and rarely it has no opening, in which case the menstrual flow cannot escape. Such a case requires the attention of a physician. In a natural condition this hymen is easily destroyed, and its absence does not mean loss of virginity, as is some times believed.

Above the vagina, and with its lower part resting within the upper part of this passage, to which it is firmly attached, is the organ of gestation or child-bearing, the uterus, or womb. The upper and broader portion is called the "fundus" and the lower contracted portion the "cervix" or neck. This cervix projects partly into the vagina and forms the os or mouth of the uterus, the external opening of the cavity. The uterus is mostly composed of a muscular coat, very thick in the unimpregnated state. Its arteries and veins are remarkable for their tortuous course. Both the muscular thickness and the course of the veins and arteries are provisions for the great expansion of the womb during pregnancy. In

health, this muscular coat has a great resisting power, amply able to expel an infant at confinement with little pain. The womb is pear-shaped, the larger part being supported in the upper part of the pelvis, the lower or smaller part entering the vagina.

The internal cavity of the uterus is very small in proportion to the bulk of the organ, owing to the thickness of its walls, which almost touch internally. The cavity is lined with mucous membrane. At the upper angle of the uterus open the Fallopian tubes, ducts, or canals, which convey the ova, the eggs or seeds from the ovaries to the uterus.

Nature's provisions for sustaining this organ in its natural position are wonderful, there being eight ligaments to serve as supports; the round, the broad, the forward, and the backward. These ligaments might be compared to the guy-ropes of a balloon. The two round ligaments extend from the body of the uterus near the opening of the tubes through the inguinal canal, attaching to the pubic arch. The other three pairs of ligaments are folds of the peritoneum or lining membrane of the abdominal cavity.

The peritoneum is a thin, strong membrane composed of two layers, one of which forms the lining of the abdominal walls, while the other layer, more or less completely surrounds all of the organs contained in the abdominal cavity. The round ligaments are known as "true ligaments."

The two broad ligaments cover or clothe the body of the womb, and, extending outward, inclose the round ligaments, the ovaries, and the Fallopian tubes; they attach to the pelvic walls and form a wall across the pelvis between the bladder and rectum. The broad ligaments form the external coat of the uterus.

The back pair of ligaments connect with the rectum, and the front pair with the bladder.

Thus in a hammock, as it were, the womb swings free and is not a fixed organ like the nose or the ear. Sometimes it tips slightly backward, as when the bladder is full and the rectum is empty, and sometimes it swings forward, when the reverse condition is present.

The numerous displacements of the uterus are due to a weakness of some or all of these ligaments. The most common are retroversion, when the uterus tips back against the rectum; anteversion, when it tips forward against the bladder; lateroversion, where it tips to one side; and prolapsus, when it falls down into the vagina.

The tissues between the vagina and anus, externally, are known as the "perineum;" tearing of these in child-birth is known as "external laceration." The neck or cervix of the uterus is kept closed by two strong muscles of great elasticity, an inner and outer. Laceration or tear of this part is known as "internal or cervical laceration."

The Fallopian or uterine tubes are two canals four or five inches in length, situated in the same broad ligaments that contain the ovaries, and are used to convey the seeds from the ovaries to the uterus. They are frequently described as "trumpet-shaped," the larger end terminating in a fringe or number of slender fingers, which are supposed to envelop the ovaries and seize any mature seed at the surface of these bodies, carrying it through the tubes to the uterus. (See page 161 as to diseases of the tubes.)

The ovaries are two small almond-shaped bodies, situated on either side of the uterus, and are contained in the rearmost folds of the broad ligaments of the uterus. The external extremity of each ovary has attached to it one of the principal fingers or slender cords of a Fallopian tube. The covering of the ovary is a dense, firm, fibrous coat, which encloses a soft fibrous tissue abundantly supplied with blood-vessels; imbedded in this tissue are numerous small, round, transparent vessels, which contain the ova or female life-germs. Those most nearly matured are at the surface of the ovary, like a plant ready to burst through the ground. Each little vessel has its own blood-supply and its own set of nerves.

The rectum is the lower end of the large bowel and begins a little behind the left ovary and extends to the anus, being from six to eight inches long. Its mucous membrane is gathered into transverse folds, which serve to support the feces. Lying so close behind the left ovary, when there is inflammation and tenderness in that organ,

the passage of waste through the rectum, or any accumulation of gas, causes pressure on the delicate and inflamed nerves and tissues and produces intense pain. For the same reason, constipation and consequent accumulation of feces in the lower bowel tends to cause, by pressure, soreness and inflammation in the left ovary.

The bladder is the sac that receives and holds the excretions of urine from the kidneys, with which it is connected by means of ducts called "ureters." This strong bag of muscular tissue when full discharges its contents through the urethra or external canal. The bladder lies in front of the uterus, and when the uterus is displaced forward and keeps pressing on the bladder, it not only causes distress, but in time inflammation of the bladder itself, causing frequent urination. If the uterus tips backward and stays in that position, it mechanically cuts off the passage of the waste through the rectum, and this is followed by constipation. Later, the pressure on the hemorrhoidal veins produces a congestion or stagnation of blood, which may result in hemorrhoids or other tumors.

As already stated, the uterine organs are abundantly supplied with blood-vessels, and on account of the absence of valves in the veins they easily become gorged with blood. Such stagnation is followed by inflammation, and from that condition arise the many ills with which women are commonly afflicted.

THE ABDOMINAL MUSCLES OR WALLS.

The strength and firmness of the abdominal walls has much to do with the proper performance of the functions of those vital organs of which they are the support, viz.: the womb and ovaries, the bladder, the intestines, the liver, and some smaller organs. The practice of wearing too tight corsets (which directly constrict and weaken the abdominal muscles and discourage their use in deep breathing) together with the indoor life of most women, account for the fact that abdominal walls lacking in tone are so frequently found among women. Most men, being free from constriction of the abdomen, have the habit of abdominal breathing. The resulting contraction

and relaxation of these muscles fifteen or twenty times a minute is a large factor in keeping them in good tone. This condition is contributed to by walking and exercises which require stooping over. A further cause of a weakening of the abdominal walls with women is difficult or frequent child-bearing, which often brings about a general relaxation and sagging of the abdomen.

HERNIA OR RUPTURE.

In a weakened condition the tissues of these walls sometimes separate because of pressure from the heavy intestines, or from severe strains or wrenches, or following abdominal operations; this being known as rupture or hernia. In not a few instances where the rupture has not been too extensive, the tone and the contractile power of the tissues have been sufficiently restored by the free and persistent application of Vimedia Cerate, to close up and strengthen the tissues. Its use is a direct help in those cases where supports or other measures have to be resorted to.

Much importance is attached under the Vimedia system of treatment to the proper care and treatment of the abdominal walls. These walls are recognized as important to health and bodily efficiency. There is a more general recognition of the importance of keeping the spine and its muscles in good condition, but it is quite as important to have strong abdominal walls as to have "plenty of backbone." A sagging of the abdominal walls means a sagging of the intestines, and a consequent lessening in their peristaltic and expulsive power. (It is largely through the co-operation of the powerful rectus and oblique abdominal muscles that defecation is accomplished.) Constipation is one of the direct results of a weakening of these muscles. Their help is very important in expelling the child during labor, and in emptying the bladder. It is unfortunate that the action of the abdominal muscles has been so commonly interfered with in operations requiring that they be laid open. Even should such operations be necessary, there is ordinarily nothing done directly to restore the strength of the abdominal muscles.

It would be of great benefit to use *Vimedia Cerate* thoroughly over the entire abdomen after all abdominal operations, not only to heal the wound but to strengthen the severed and weakened muscles.

(The erector muscles are two long narrow muscles along either side of the spine, whose function it is to aid in maintaining the erect posture. These muscles are very directly revived by the application of *Vimedia Cerate,* and by the absorption of the strengthening materials which the Cerate supplies.)

CHAPTER XII.

THE OVARIES.

EVERY LIVING organism throughout Nature is endowed with the means of perpetuating its kind. In all the forms of higher animal life there are germs or seeds formed in the ovaries of the female, which, at a certain stage of development, may be impregnated by union with a similar germ from the male. The unfertilized or unimpregnated seed or ovum quickly perishes and passes away, but the one which has become impregnated is from that moment endowed with life. When a girl attains sufficient growth for the unfolding of this power it is known as "puberty," the dawn of womanhood.

As previously described, the ovaries are the seat of this reproductive power in the life of a woman. At from twelve to fifteen years, varying with individuals, climate, race, etc., the age of puberty arrives. Thereafter every twenty-eight days or so one or more seeds attain their maturity in the ovaries, burst through their thin covering, and are taken up by the fingers of one of the Fallopian tubes and carried to the uterus, where they pass away in the menstrual flow or soon thereafter. They may, however, before the flow begins, become impregnated, when gestation or child-bearing takes place.

Nature has taken great pains to hide carefully and protect fully these small and wonderful organs, which are the center of a woman's generative system, the basis of her womanliness. So intricately are the functions of these organs interwoven with those of the whole body that diseases of these organs affect the whole, and their removal or mutilation means a crippling of the whole system, not only physically, but otherwise, especially in the case of women under thirty.

One hesitates long before permitting the removal of an injured limb from the body, but because women have

not fully understood the far-reaching and wonderful functions of the ovaries and their absolute necessity to physical perfection, they have submitted to their removal when diseased, often to find that from such operations there was hardly even temporary relief, and that their whole life was very much crippled indeed.

These delicate organs, maintaining so high a function, are abundantly supplied with blood-vessels and nerves, and hence they are peculiarly liable to congestion. There is a natural congestion when large quantities of blood are sent to the parts during the function of menstruation, but there is also unnatural congestion, which means an excess of blood held stagnant in these organs. Such congestion causes swelling, pain, heat, and inflammation.

Inflammation of short duration is known as "acute," and readily yields to the Vimedia treatment, which, applied in cerate form over the region of the ovaries and used in capsule form in the vagina and liquid and tablet form internally, stimulates the circulation to force on this congested or stagnated blood, and by strengthening the nervous system, on which the functions of the organs depend, causes pure blood to circulate freely through the parts.

"Chronic inflammation" means a condition of long standing, firmly established, and requires time and patience in its overcoming, but is a condition that also yields nicely to Vimedia, since the principle of cure is the same whether the trouble is acute or chronic, and is based on the natural law.

Ovaritis, or inflammation of the ovaries, is due to many causes, the most common of which are colds, excitement, overwork, sudden suppression of the menses, inflammation from surrounding organs, excesses, miscarriage, displacement of the uterus, or other conditions which tend to impede the circulation and weaken the nervous system.

As there is close connection between the ovaries and the other organs of the body through the sympathetic nervous system, trouble there is soon telephoned throughout the body, and as a result the functions of other organs

also become disturbed, and under chronic inflammation the whole body becomes involved.

The ovary or ovaries which are inflamed soon become enlarged and tender, and as the enlarged organ presses upon the thousands of delicate nerves by which it is surrounded there is pain, not only locally, but throughout the body. The local pain is of a dull aching or burning character, increased by moving about or by sudden jars, etc. Pains down the limbs are a frequent symptom, and the leg on the affected side is sometimes rendered partially useless through lameness. Pain in the groin and hip is a frequent symptom, and often one treats for rheumatism of the hip when the trouble is really with the ovary.

The painful and tender ovary, if on the left, is greatly irritated by the accumulation and passage of waste matter through the rectum, and attention to stool may often be followed by sharp shooting pains in the side. As more blood is sent to these parts at menstruation it crowds the already over-full blood-vessels, the painful symptoms are greatly aggravated at this time, although in some cases under a profuse flow there is temporary relief from pain, Nature getting rid of the greater part of the congestion at such times.

Unless there is something supplied, however, with which to properly revive and build up the nerves and restore the contractile power to the walls of the blood-vessels, the old condition of distention and pain soon returns. After the period every little cold, excitement, overwork, exposure, etc., but adds to the trouble, as these conditions always affect the weakest part of the body, which, with women, is usually the uterine organs.

These painful and distressing symptoms may also arise from a displacement of the uterus or a diseased cervix. It is a deplorable fact that many operations for supposed ovaritis have resulted in the removal of perfectly healthy ovaries from the body, this resulting from a mistaken diagnosis from symptoms. Fortunately for suffering womankind, there has been raised of late years a great "hue and cry" about such unnecessary mutilation of women, and some of the most eminent surgeons even are

coming to agree that ovarian operations in nine cases out of ten can be avoided.

Dr. Gill Wylie, of New York, in an article in the *Medical News* of February 3, 1900, declared that in many cases women have had their ovaries removed when there was no necessity for it; that such a woman would complain of painful menstruation, dragging-down pains in the pelvis, and symptoms of uterine disease, and when upon examination the surgeon found the ovaries enlarged, inflamed, and in some cases prolapsed, he told her she had ovarian trouble which could only be cured through their removal; and that "following the operation that woman stops menstruating, and her whole life is, to a certain extent, ruined."

He cites a case where a young married woman, suffering with inflammation of the ovaries, was operated on and both organs removed, and when brought to him six months later she was having all the symptoms of an abnormal menopause: hot flushes and contractions of the atrophied uterus, causing nervous symptoms ten times more severe than if the ovaries had never been taken out.

He further states: "To remove a young woman's ovaries simply because they are large would be just as senseless as it would be to remove the stomach because it is distended by gas. There is simply a functional disturbance, and there is no necessity for removing them. Give her proper general and local treatment, and these troubles will disappear."

Eminent authorities claim that the impaired function of an inflamed ovary is one hundred per cent better than a complete loss of its function by surgery.

Dr. H. C. Wetherill, when president of the Colorado State Medical Society, voiced the observation of many when he declared: "Too many young men in Denver, and, for that matter, throughout the United States, are practicing surgery who have neither the education nor the equipment for the work, and in consequence the mortality in our local hospitals is greater than it should be. Moreover, there are surgeons in our city and state who are doing operations wholly for the fees, regardless of

whether the operations are necessary. Many physicians are taking patients to surgeons for operations, some of which are needed and some not, simply to make the commissions."

These are strong statements, but coming from men of such standing, should be given most careful consideration. Certainly every suffering woman should thoroughly investigate the possibilities of other help first. The majority of people know little or nothing of the suffering and far-reaching after-effects of surgery in diseases of women. They only know that there is "an operation" advised and that in some places it is "quite fashionable." They do not realize that an operation involving the removal or mutilation of the organs means severe and long-continued nervous shock, actual physical disfigurement in time and a more or less warped mental and moral tone.

Every woman can see and understand the disfigurement resulting from the removal of a limb from the body; she knows that the remaining stump is exceedingly sensitive and must be fully protected, and that the whole body is very much hampered in its movements and functions through the loss of this one limb. She also knows that severed nerves will make the loss apparent to her every day, but she does not realize that when any part of the generative tract is removed or cut innumerable nerves are severed which suffer great irritation, and that this trouble is telephoned throughout the body by the sympathetic nervous system, while there is trouble through the whole system, which, carried constantly to the brain, causes nervousness, headache, mental depression, loss of memory, hysteria, melancholia, etc.

She does not realize that the inflammation set up by an operation is often followed by the formation of adhesive tissue, which binds down these delicate severed nerves and puts pressure upon them, which makes the trouble a thousand times worse than before, and that the only hope the surgeon can give her is to have another operation to break up the adhesive tissue.

She does not realize that, on account of the abundant blood-supply in these parts, thousands of blood-vessels are

severed, the smaller ones of which become bound down within the stump or scar tissue, and that it is from just such conditions of irritation that cancer frequently results.

She does not realize that she may go through life maimed and suffering, only to have a greater trouble overtake her in her later years, for which there is no absolute cure—such as cancerous conditions.

She does not realize that an operation for the removal of the ovaries is castration, or unsexing, and that with their removal she loses that womanly charm which bespeaks physical perfection; she does not realize that obesity often follows this operation, and that she may become coarse and masculine, and undergo a marked change of character.

To a truly womanly woman the mere suggestion of such an operation is one from which she shrinks instinctively, and she will exhaust every other source of help first; to such women Vimedia appeals as a safe, sane, and logical method of treatment, whereby she may be relieved of all these distressing symptoms, and that in the privacy of the home and without interruption of her daily duties. It appeals to her as more than a local treatment to remove the pelvic congestion and inflammation, which would be great relief indeed. It appeals to her as a building proposition, whereby through the nervous system the whole body is materially strengthened.

Having made a careful study of the circulation, she finds that stagnation of blood is the underlying cause of her trouble (see "Life-Stream of the House"), and that the thing to do is to force out this congested, stagnated blood through the upbuilding of the nervous system, and that when this is accomplished, and pure blood made to circulate freely through the parts, the delicate tissues will regain their normal tone and elasticity and the delicate nerves respond to their normal functions. She understands how the pain, tenderness, swelling, and enlargement will disappear under such a logical process of treatment, and that she will be well—actually well—through and through, from head to heel. She appreciates that

she not only obtains relief from bodily suffering and mental anguish, but that she really becomes a new woman with a new lease of life and a new outlook; not one distorted or clouded with pain, but a new outlook through the sunshine of a physical well-being. Moreover, she finds that as she lays down the burden of aches and pains she seemingly lays down the burden of the years, and not only grows stronger and healthier, but younger.

Thousands and thousands of such women, having been told that an operation was the last resort, have turned with a last hope to Vimedia, and have found that it did not fail them.

The length of time required depends entirely upon the individual case, the length of time the diseased conditions have been present, the sufferer's absorptive and recuperative powers, and the faithfulness with which the remedies are applied, etc. In some cases where the ovaries have been displaced, sensitive, and swollen, the trouble has yielded so rapidly as to be almost miraculous, and other conditions have yielded more slowly. The average condition, severely acute or stubbornly chronic, will yield as they have yielded in thousands of cases to the use of this treatment, but there are sometimes cases which are incurable or malignant, although these are of rare occurrence.

The fact that pus has formed within the pelvic or abdominal region does not always warrant an operation. Many such conditions have yielded nicely to the use of Vimedia. This does not mean that the sufferer should take any risks, but that she should thoroughly investigate before taking a step that can never be retraced, and be convinced from the opinion of several capable physicians as to whether or not her life is in immediate danger.

It behooves every woman to give these matters prompt attention before they become so serious. Pain is Nature's danger-signal that there are wrong conditions somewhere. A woman cannot afford to ignore it or try to mask it with palliative measures, for it is not just a "little common ailment," but Nature's warning that the functions of the body are out of harmony and must be looked to forth-

with, else she finds in time she has to pay a very dear price for this neglect.

An attack of ovaritis usually commences with a chill, followed by fever, increased pulse, and pain and tenderness in one or both ovaries. The pain may be either sharp and intense or dull and aching. There may be only a terrible feeling of burning; motion may become almost insupportable, sometimes merely standing or sitting increasing the suffering.

This condition, if merely acute, yields almost at once to the proper use of the Vimedia treatment; if the result of chronic pelvic inflammation and congestion, the trouble, though acute, will not yield so readily, since the underlying cause of the trouble must first be removed; but it should yield none the less surely and thoroughly to use of the remedies. No two cases respond with equal speed. The conditions may be very similar, and yet one case may have certain involvements that another has not.

If the inflammation is more extensive in one than in another, it will be overcome in exactly the same way, since the cause is the same. A different treatment for each specific ache or pain is not required, but it is required that the underlying cause of the trouble, the congestion, be removed, and that pure blood be made to circulate freely through these parts as well as the entire body, which is Nature's way of bringing about a cure.

Some cases respond almost immediately to the treatment, and progress is almost continuous until a cure is established. Other cases, suffering from accumulation of waste matter from disease, find those diseased conditions must be removed first, and this process takes some time, during which the patient may not think she is making progress. As the physical law is, that one cannot have a solid house on a foundation of sand, so the bodily law is, that one cannot have health on a foundation of disease; hence all this waste matter must be carried out from the system—all diseased conditions removed—before one reaches the point where one can measure the work that is being done by the improvement that is felt.

Frequently in such diseased conditions the nerves,

blood-vessels, and tissues have become partially paralyzed, as it were, through the pressure of stagnant blood, and when this pressure is removed they make themselves felt in renewed activity, and a patient may think she is worse. Such is not the case, however. She can realize that a limb that is numb from lack of circulation is of no value to her, and that, although she suffers excruciating pain for a few moments when she begins to stir it about, this is the only logical way of restoring the circulation through the temporarily paralyzed parts, and thereby restoring the use of the limb. The same law applies to the re-establishment of the circulation through the diseased uterine organs, and hence to feel worse, often means that the patient is better, paradoxical as it may sound.

As a healthy reaction is established, one may discharge from the body great amounts of diseased tissue and black offensive clots of blood through both rectum and vagina; but the patient can readily understand that the presence of such accumulations could not but breed disease, and that when they are carried out from the body it is but one more step in the process of cure.

The cure depends upon the individual largely. Vimedia is the means by which Nature can correct these disturbances of the body and restore its functions, but Nature cannot make use of Vimedia if it is not regularly and faithfully applied in the proper forms. To get the best possible results in the shortest possible length of time, it is necessary that the patient give her own earnest co-operation in obtaining all possible rest and quiet, plenty of fresh air and sunshine, and the society of cheerful friends and books.

Correspondence with the Hygienic Department assures her of careful and thorough personal attention to her case and special suggestions and assistance for her particular and individual needs.

OVARIAN NEURALGIA.

Ovarian neuralgia, or aching of the ovarian nerves, differs materially from ovaritis, and women who are subject to neuralgia of the face, teeth, and head may also

become subject to neuralgia of the ovaries. In perfect health these organs are not sensitive. Swinging in the pelvic cavity, protected in every possible way, they may be crowded or pushed or pulled without one being aware of their existence, as long as the strain is not sufficient to produce congestion.

Neuralgic attacks of the ovary usually come on suddenly. While walking, going up or down stairs, the sufferer may be seized with an acute pain. It rarely seizes both ovaries at the same time. It is intense, cramp-like, and often accompanied by faintness, vomiting, or great nervousness. The pain is remittent, just like neuralgia of the face or head, and equally exhausting. It is relieved by hot fomentations, as in faceache, followed by a liberal and thorough application of the VIMEDIA CERATE. Since it is an affection of the nerves, the Vimedia treatment cures the condition by reviving and building up the nervous system.

Displacement of the ovary is not always as serious as the name may seem to indicate. As these organs are free and movable, a simple change of position is not of marked consequence. Their real position is variable, owing to the distention of either the rectum in the back or the bladder in the front. A displacement of the ovary is serious when it results from great congestion, the organ being so enlarged and so far out of position as to cause functional disturbance within itself as well as in other organs.

It is easy to trace all these troubles to a slight congestion of an ovary—that is to say, the woman who has come to suffer with ovaritis, abscesses, tumors, or displacements, first experienced the comparatively mild pain of ovarian congestion. It was slight and she let it go unheeded, or she hardly knew what was best to do, or knowing, put it off until a more convenient time, ignoring the fixed law, which says these troubles must progress only along one fixed line, and that it is for the worse. In the advanced stages she must pay for the folly of early neglect.

Had she used Vimedia at the beginning of her trouble her cure would have been rapid; but even now she need

not despair of help, for the treatment has cured thousands, even in these advanced stages, and while the process is longer, it is none the less sure and certain, and is the only logical means whereby she can hope to obtain relief.

Intimately connected with the system of nerves controlling the functions of the ovaries are others equally delicate, whose mission it is to conduct a proper blood-supply into and out from the ovary. It is on this system, or rather on the health and strength of this system, that freedom from congestion depends, and it is through these nerves that the Vimedia treatment works to produce results in the complete removal of all congestion and inflammation.

If these delicate thread-like nerves are weak and uncertain in action on the blood-vessels they are meant to control, the walls of the vessels will not contract and expand under their impulse. It is to revive and build up these nerves to normal that the methods of the Vimedia system of treatment are directed. The VIMEDIA CERATE is applied thoroughly along the spine, the center of the nervous system, where the reviving and strengthening elements are immediately taken up for the great work of renewing the weakened nerves. Under this upbuilding they regain power to restore the normal circulation of blood through the ovarian region. Thus stagnated blood is forced on and new, pure blood, circulating freely, takes its place, renewing the tissues and removing from them the waste incident to their functions.

The VIMEDIA CAPSULE, used locally, is readily absorbed by the blood-vessels of the mucous membranes and is carried by the blood throughout the body, giving far-reaching aid in removing all diseased conditions.

The use of the VIMEDIA LIQUID stimulates the circulation, purifies the blood, and assists the organs of elimination in removing waste from the body. Congested, inflamed, and ulcerated tissue is replaced with new and healthy cells, which, gradually established underneath. push off the old diseased tissue. Through its use pus, abscesses, or cystic formations of not too long standing are carried out particle by particle through the various

organs of elimination, and gradually the diseased tissues and organs are made whole and new, as it were, and the whole body is given tone and strength through this tearing down of diseased conditions, purifying of the blood, and upbuilding of the nervous system.

VIMEDIA CAPSULES are to be used nightly, following ordinarily a douche of a quart of warm water (not hot). If the capsule does not readily absorb, due to dryness of the membranes, or if it causes so much reaction as to produce distress, it is to be divided and one-half only used in the vagina, the other half in the rectum, without a douche or injection. In time, as the circulation through the parts improves, the whole capsule will be absorbed in the vagina. If one reaches a point where improvement seems to be at a standstill, the double-strength capsules should be used, as Nature can then make use of more material.

VIMEDIA CERATE is to be applied nightly over the entire abdomen, whether the trouble is with one ovary or both, and also over the spine and all of the back. If the ovary is painful, swollen, and enlarged, the cerate should not be rubbed in, but should be applied in the form of a plaster, made by spreading the cerate on oiled silk. The cerate may be applied over hip, groin, or leg, if there is pain there, and in these places should be rubbed in thoroughly and somewhat vigorously, but not too hard. If the ovarian trouble is severe, use the cerate plaster night and morning, binding on with old pieces of soft linen.

VIMEDIA LIQUID should be taken as directed.

VIMEDIA SUPPOSITORIES should be used if there is any rectal trouble.

A VIMEDIA TABLET is to be swallowed at or after meals, if there is any indigestion or liver trouble; a Vimedia laxative at night, if there is constipation.

FOMENTATIONS.

A hot fomentation should be used two or three times weekly over the painful ovary and entire lower abdomen for about thirty minutes, preceding the application of the cerate plaster; these to be omitted the week before menstruation, if the flow is profuse.

BATHS.

A hot bath at least twice weekly serves to keep the pores of the skin open and clear of the impurities that are thrown out through this important channel of excretion of waste. A quick cold sponge bath or a salted towel-rub each morning upon arising would prove helpful in general conditions.

DIET.

The diet should be nourishing and wholesome. Rich, greasy, highly spiced foods should be avoided as well as fried foods. Meats should be boiled or baked. Soups, broths, well-cooked vegetables, and fruit may be used freely, as well as cream, raw or soft-boiled eggs, well-cooked cereals, etc. Strong tea and coffee should be avoided.

The Vimedia treatment aids the body in generating increased vitality; this increase must be conserved to effect a cure; it must not all be expended in additional work, etc., for it is obvious that the patient cannot have this vitality to serve two purposes. Care, therefore, must be taken to save one's own strength as much as possible. The habit of arranging for a quiet rest of an hour or even less during the day not only hastens improvement, but gives renewed strength with which to carry out the remainder of the day's duties.

Rest in bed during the day is very helpful at menstruation, but if not practicable, rest on a couch as much as possible, with clothes loosened.

All heavy lifting, hard work, and vigorous exercise, should be avoided. Physical fatigue retards improvement, and mental worry and distress cannot prove helpful. (See the chapter on "The Governing Power of the House.")

CHAPTER XIII.

THE DEVELOPMENT OF GIRLS.

"At college I was taught the motions of the heavenly bodies, as if their keeping in their orbits depended upon my knowing them; while I was in profound ignorance of the laws of health of my own body. The rest of my life was, in consequence, one long battle with exhausted energies."—*Horace Mann.*

SUCH LACK of perspective is by no means a thing of the past. The warning of Plato that "to educate the mind and not the body is to create a cripple" is urgently needed, even in this twentieth century.

During childhood the growth of girls does not differ materially from that of boys. Their mental and physical capacities are evenly matched. In endurance, and ability to resist disease the girl is the boy's equal in every respect.

At the age of puberty, however, a wonderful change takes place, physically and mentally, and it is at this period that a girl should have her mother's most watchful care and protection. Before the period arrives she should have explained to her fully and clearly the wonderful processes of Nature, so that she may not look upon the new capacity she is to acquire as a burden to be borne, but as a high, exalted privilege, to be prepared for with intelligence and womanly dignity.

At this age, while she is "standing with reluctant feet," many mental peculiarities may be manifest, and the mother, understanding this, will deal with her tenderly and gently, and see that the other members of the family do not tease or annoy her to the detriment of her temper.

Menstruation is primarily a nervous function; hence its establishment involves greater activity of the nerves and reflexly affects the mind. The appetite may be irregular; languor may be felt; there is often backache, pain in the limbs, chilliness, headache, and other conditions; while the temper may be very irritable or perverse.

At this time of transition, when Nature is putting unusual work upon the nervous system, the girl is often overtaxed in the school-room, thus retarding her physical development. Where the blood-supply is being used actively by the brain it cannot at the same time be used for that development of the uterine organs which Nature's progress demands at this time. Under too great a strain there may be a complete collapse, and it is the rule, rather than the exception, that girls can trace physical weakness back to this time, when, through ignorance or neglect, they were allowed to overburden their minds to keep up with their classes, when they should have had relaxation and rest.

A mother should watch most carefully at this time, and not only duly instruct the daughter, but guard her against any mental overstrain she may be unwisely ambitious enough to attempt. To go slow at this time pays well in the end, for after the periods are fully established the mentality of a young woman develops proportionately, and she can make more rapid strides in her work and overtake those who left her behind in the class-work; but the girl who at this period is allowed to overwork mentally cannot but suffer for it physically, and though she may keep up with her class, she will be handicapped for years, possibly for all her life, through the lack of proper development at this time. That is a matter that vitally concerns mothers and daughters and should be most carefully considered.

Always provident Mother Nature will take her course, to be sure, but she cannot do her best for the girl under abnormal conditions. Under right conditions, the change should be made from girlhood to womanhood almost imperceptibly, and the child should blossom into the rose of perfect womanhood. Too great responsibility cannot be laid upon the mother at this time, for this is not a condition in which "ignorance is bliss." Ignorance at this critical time of life is the root of much evil. Under proper instructions the young woman learns not only how to take the proper care of her physical development, but of that

mental and moral development, which must stand her in good stead through all her future years.

The time will come when a child MUST know. To keep the boys and girls ignorant of the great questions of life at this time is to send them out unprepared for life's trials, temptations, and responsibilities. If your daughter had a long and difficult journey to make over hills, valleys, plains, and must go alone, you would give her every guide, every assistance, every direction, even to the smallest difficulty she would have to meet, from your own experience over this road. Your daughter has to take this long journey of life, and you cannot make it for her. It is your gravest duty at this time to see that she may read and understand all the guide-posts, signs of warning, etc., that may be on the way.

If the girl has been perfectly healthy up to this time, has been allowed plenty of play and sunshine, and has not been too greatly overtaxed, with the right understanding of the physical laws governing her being, she may pass safely from childhood to womanhood without alarm, distress, or physical suffering; but if she has been greatly overtaxed mentally to the detriment of her physical being, she may find the time of puberty a serious one indeed, and at this time she should not only receive special care and attention, but special feeding and building aids to the whole body, and for this the Vimedia treatment will be found highly satisfactory. Applied over the nerve-centers of the nervous system, it will revive and build up those nerves, on which the establishment of this great function depends; used internally, it will purify the blood, stimulate the circulation, and promote the general upbuilding of the body.

Often at this time weakness inherited from father or mother may be in evidence. A great many young girls under the age of puberty are afflicted with leukorrhea. This constant drain upon the body cannot but retard the physical and mental development, and it is not a condition that should be neglected, but one that should have prompt attention. If the child had a wound on the body that constantly dripped blood, the mother would

hasten to have proper treatment employed, and yet leukorrhea is a more serious drain, since it robs the body of even more vital elements necessary to its nourishment, and sometimes delays menstruation.

This great change from childhood to womanhood is dependent upon the proper development of the generative organs, which, until the approach of this time, have remained practically dormant since birth. Now, however, these organs—the ovaries, the Fallopian tubes, the womb—assume their active functions, which should continue uninterruptedly until the menopause or change of life, practically about thirty-five years later. This constitutes the child-bearing period of a woman's life, and her health at this period depends, even to a much greater degree than is generally understood, upon the normal discharge of this function.

The age of puberty varies according to climate, race, temperament, or general condition of health. Therefore, if a girl is otherwise well, if the digestive system is perfect and every vital organ in good working order, if the blood is pure and circulating freely, if the organs of elimination are working properly, and she is not exhausted by overstudy, but still does not menstruate until past the average time, there is no cause for apprehension. In some families the menses appear as late as fifteen, sixteen, or even eighteen years, although the normal menstruating age for the average girl is from twelve to fourteen; but if the general health is not good, and the girl has been subjected to overstudy, if she does not continue to grow and develop naturally, and the menses do not appear at the normal time, the cause should be sought.

Nature will put forth her very best effort at this time to transform the child into a woman, and often she will, if not supplied with proper building material, take from the vitality of the other organs to develop this part of the body. So great is her effort that serious disturbances may arise. Headaches are common; pains in the ovarian region are severe; there is great irritation throughout the nervous system, and often great despondency. Unless the ovaries develop properly at this time, the girl will not

develop normally in other ways. Her form will not develop; she is likely to be stoop-shouldered; eyes dull; mind stupid; affections blunted—the whole bodily functions deranged.

When the mother's attention is drawn to the daughter's physical condition is the time to act—not to let Nature take her course unaided, for Nature has not enough upon which to build. She needs pure blood and plenty of it circulating freely; she needs additional food for the nervous system; she needs help in the general upbuilding of the body, and this Vimedia most surely provides.

Instead of exhausting physical exercise, which many undertake under the wrong impression that it is what the body needs, a girl at this time should have rest, relaxation from work, relief from mental strain, and, if possible, a change of scene and interest; wholesome diet, plenty of sleep, and generous amounts of fresh air and sunshine. This, together with the faithful use of the Vimedia treatment, will clear the sallow complexion and make the roses of perfect health bloom in the cheek; will take the angular, hollow-chested figure and fill it out with the rounded contour of womanly development; will relieve the mental irritation and depression, and restore life and vitality to the whole body—in short, will give this young woman what she so sorely needs—proper physical development to start out upon life's journey.

Instructions as to this great function of womanhood cannot be given too early. Even before the age of ten, boys and girls should both receive instructions regarding the wonders of Nature in plant, tree, and animal development. Led along the right line, the information is gradually acquired, and with it full understanding of and reverence for Nature's wonderful laws. Girls in particular must be fully instructed. Mothers should cultivate from the first their fullest confidence, and at the age of puberty point out to them fully the necessary care of the body, so as to prevent colds, too violent exercise, and exposure at or near the period.

We are not among those who advocate the complete restraint sometimes put upon girls after entering the

period; this we consider a grave injustice. They should be children just as long as they can, for life's burdens begin soon enough. All kinds of out-of-door sports and exercises should be encouraged, the only care being to explain fully to the young girl the dangers just before, during, and just after the periods from colds, too violent exercise, etc. Gymnasium work, as given in many of our public and high schools, should not be indulged in during this period, and the mothers should see that the daughters are fully protected at that time. Many a case of uterine trouble, coming under our direct observation, has had its origin in the too violent exercises of the gymnasium at the periods. Between periods, under a proper physical instructor, we heartily recommend the work of the gymnasium.

Very rarely we find in cases of young girls an imperforate hymen, which does not allow of the escape of the menstrual discharge, and this, being retained, gives rise to serious disturbances over the entire body. There is only one cure for an imperforate hymen, and that is operative.

There should be no hesitancy in the use of the VIMEDIA CAPSULE, and they should be instructed in the matter. No stretching or rupturing occurs if there is a normal opening, since the parts are highly elastic; but in cases where it is preferred not to use the capsule in the vagina it may be used in the rectum with satisfactory results, although these are slower of necessity than they would be if the treatment were used directly at the seat of the trouble. Young girls should be taught the value of the douche after the menstrual period, and for this douche the small rectal tip, or the rubber tube without a tip, may be used.

Being accustomed to the use of the douche, they have no hesitancy in using the capsule, and this in the privacy of their rooms, the use of which is going to spare them the mortification and injury incident upon local treatments, if they continue to suffer and go to a physician for assistance.

Chlorosis, or green sickness, is sometimes found in girls at the age of puberty. The sufferer is pale and

anemic and the skin of a greenish-yellowish hue; hence the name "green sickness." The trouble arises from an impoverished condition of the blood, in which there is a deficiency in the proportion of red corpuscles. These conditions appear in delicate girls who have inherited physical ailments, or whose lives are more or less devoted to sedentary pursuits. Headaches are frequent; there is more or less heart disturbances; the appetite is variable and unusual things are craved, and in consequence of this the whole digestive function becomes impaired; the breath is often disagreeable; and there are dark circles under the eyes, while the lips are pale. The sufferer easily becomes tired, and takes little interest in life. She suffers from dizziness, hysteria, nightmare, and frequently great mental distress. Absence of the menses is often noted, or there may be a watery leukorrhea in its place. Sometimes there may be profuse menstruation.

Because of their varied symptoms these cases may be treated for stomach trouble, nerve trouble, heart trouble, or consumption, but the patient does not progress. What she needs is something to revive and build up the nervous system, so that the blood may be made to circulate more freely; something to feed and enrich the blood itself and through it to build up the various cells, tissues, and organs of the body; she needs something to establish a normal menstrual function and relieve the leukorrhea, and all these things Vimedia accomplishes for her in a perfectly safe, sane, and logical way.. Thousands and thousands of young girls suffering from these conditions, and treated under wrong diagnosis without avail, have been made entirely well and strong and happy under this natural system of treatment, which is an aid to Nature.

Nervous troubles in young girls, arising from non-development and other causes, are likely to become more serious than is generally acknowledged. St. Vitus' dance is an occasional affliction of young girls at this period, where the nervous system is not strong and the periods not properly established. These nervous conditions may result in epilepsy, and epilepsy of this nature is curable under the proper conditions of building up the nervous

system and establishing the proper menstrual function. Extreme nervousness at this time may result in melancholia and hysteria and may lead to very serious results indeed, if the girl is not given the proper care and tender and sympathetic attention from her mother.

To resume: If the young girl at or near the age of puberty shows weakness, suffers pain in the abdomen or elsewhere; exhibits great nervousness and mental depression; is irritable or has violent bursts of temper; suffers from poor circulation, as is shown by cold hands and feet; has any of the symptoms of poor blood; suffers with headache and backache—she should have special and careful attention, and every assistance given Nature to build up the nervous system and establish the proper circulation. She should not be overtaxed in the schoolroom or with too violent exercise, and she should have plenty of fresh air, sunshine, and pleasant company.

If the menses are retarded, the figure not developed, the muscles flabby, she needs Vimedia, by which Nature is supplied with the strengthening elements which she needs to purify and enrich the blood and cause it to circulate properly throughout the whole body, and through this enriched blood to build up every nerve, cell, and tissue in the body until every organ functionates normally and the girl develops into a young woman—strong, healthy, happy, and beautiful. For a perfectly healthy young woman with bright eyes, rounded figure, elastic step, and flushed cheeks cannot but be beautiful, no matter if Nature has not given her classic features.

The Vimedia treatment, faithfully and persistently applied, has proven the way to health for thousands of these young women and made life for them one grand song instead of a weary burden to be borne. Care should be exercised to see that they use the treatment persistently, for they may not realize the great importance to themselves that its use means. It should not be used off and on, but should be used each and every day, for the more faithfully it is applied the quicker the results.

The CAPSULES should be used, as previously mentioned.

VIMEDIA CERATE is to be applied over the spine each and every day, for this is the center of the nervous system, and upon building up this part of the body much depends, therefore, it is a matter they cannot afford to neglect. It should be used at night, when the body is at rest and the absorptive powers better; but if sometimes omitted for good and sufficient reasons, then it should be applied the next day at a time after which the patient can lie down for an hour or more. The cerate should also be applied thoroughly over the chest, rubbing upward, and over the abdomen, using a circular movement.

VIMEDIA LIQUID should be used as directed.

VIMEDIA TABLETS also, if there is indigestion, torpid liver, constipation, and the laxatives for such a time as artificial means are necessary to move the bowels.

THE SOVEREIGN TONIC is indicated in conditions of marked weakness and anemia or poverty of the blood.

The pendant, or the wet, abdominal massage should be used in non-developed conditions or painful menstruation. (See directions under Hygienic Aids.)

Hot compresses used over the abdomen for thirty minutes, two or three times weekly, preceding the application of the cerate, will prove soothing and beneficial.

CHAPTER XIV.

MENSTRUATION.

MENSTRUATION is a perfectly natural function, and as such should be as painless as breathing or any other function of the body. If it is painful it is abnormal. Ordinarily, it occurs about every twenty-eight days and lasts for about four days, although every woman is a rule unto herself as to the recurrence and duration of her periods. If a woman menstruates every three weeks regularly and feels perfectly well, and has so menstruated from the beginning, it is evident that this time is peculiar to her and is natural. The length of flow also varies greatly with the individual, lasting from two to eight days. Whether it is normal or abnormal depends upon its effect upon the general health.

The organs of menstruation are the ovaries, Fallopian tubes, and uterus; and its purpose is to prepare the lining membrane of the uterus for the reception of the ripened seeds from the ovaries and their possible impregnation and gestation. At this time large quantities of blood are sent to the womb, and this causes such an increase of pressure in the blood-vessels of the lining of the womb that not only some of it becomes loosened, but the blood is caused to ooze through the walls of the capillaries into the cavity of the womb and out through the vagina, carrying the loosened lining with it in minute particles.

The close of the period is brought about by the walls of the womb ceasing their contracting and forcing of the blood out through the capillaries. The glands emptying out mucus cease their activity, and a state of relaxation and quiet follows.

After three to five days the lining of the womb forms again, and menstruation ends. This process is repeated every month, unless the seed has become impregnated.

when the blood usually lost at the menstrual period is retained for the purpose of gestation or child-bearing.

Menstruation causes natural congestion of the ovaries and this hastens the ripening and expulsion of the germ-cells or seeds nearest the surface, and their passage through the tubes to the uterus. In absence of the ovaries, or in defective development, the uterus is almost always defective and the flow defective or absent. Complete removal of the ovaries and tubes is sooner or later followed by a complete disappearance of the flow.

Menstruation is primarily a nervous function, hence a normal menstruation depends upon a normal condition of the nervous system, but that is not all; it also depends upon a normal blood-supply and upon normal conditions in the uterine organs. The importance of this cannot be too strongly impressed. It not only involves a woman's own physical comfort and welfare, but the proper fitting of the body for the higher duties of wifehood and motherhood.

Menstruation is a function that is given too little attention by the average woman. As long as she may not suffer such great pain as to require medical attendance, she seems to think it her lot to have more or less trouble at this time, to be borne as patiently as it may. This, however, is not true. If the periods are painful, suppressed, scanty, or profuse, it indicates the presence of abnormal conditions, from which serious complications will sooner or later arise. It means a depression of the nervous tone, a lessening of the general resisting powers of the body, a lowering of vitality. It renders one more susceptible to all kinds of diseases, and entails that, at the change, if not before, a woman will have to pay the penalty for the neglect of this important function.

Menstruation means "a monthly flow" of blood and waste. Many do not realize that it is more than the casting off of blood and of some of the uterine lining; that it is, in fact, a monthly purification; it means a cleansing of the entire circulatory system. The flow is composed of blood from the arteries, mucous secretions of the uterus and vagina, and other débris; pink at the beginning, it is

bright red at its height and more or less dark and offensive at its close.

At the period, the sensibilities of the generative organs are quickened to a very high degree, partly from the great amount of blood sent to the parts and partly from extra nerve stimulus sent from the brain. Even the ligaments supporting the uterus take part in the process, being more or less congested. The strain upon the generative organs is very great, and it requires perfect health to withstand it. Proper conditions at the period are vital factors in maintaining woman's health and strength. The problem of securing them for women who work outside the home is finally beginning to receive due attention, and regulations are being provided for women who work in factories, stores, etc., that they may have rest and relaxation from work the first day of the period.

CHAPTER XV.

PAINFUL MENSTRUATION.

ALTHOUGH menstruation is properly a painless function, yet nine out of ten women suffer more or less distress at this time, entailing a direct drain upon the vital forces of the body. Pain is not a symptom to be borne, but a signal of abnormal conditions to be relieved. Every bit of pain sustained robs a woman of youth and vitality and is needlessly borne, for under right conditions it can be removed.

Pain at the periods may occur before the flow starts and disappears when it is established, or it may continue throughout the period. Sometimes the pain is intermittent, and again it is severe in the beginning of the flow, gradually lessening as the flow ceases. With some the pain is relieved when lying down.

The seat of the pain varies greatly in different women. Usually it is in the abdomen, in the form of cramps; but again it may be a reflected pain in the head or back, or it may extend down one or both limbs. Often the attacks of pain are so severe as to cause the necessity of resorting to some sort of measures for temporary relief.

Not only is there severe pain at the periods in such cases, but there are often nervous and mental disturbances preceding it and following. With so great a strain upon the nervous system attending painful menstruation, the other functions necessarily become involved through the action of the sympathetic nervous system. The circulation is impaired and nutrition becomes disturbed. The mental condition usually presents the most distressing symptoms aside from the pain, the patient being subject to great depression and melancholia. Pain at the periods means prevention of the relaxation—rest and sleep, which are so necessary to the proper recuperation of the bodily forces.

The use of narcotics, sedatives, and other palliative measures, although they may be absolutely necessary at times for temporary relief, cannot but lower the nervous tone and weaken the functions of the various organs. Stimulants unduly quicken the action of the heart, and thereby aggravate the congestion.

The cure of painful menstruation depends upon removing the cause of the trouble, establishing a strong and perfectly functionating nervous system, a normal circulation through the uterine organs, and, with pure and enriched blood, building up these organs to normal. This Vimedia accomplishes when properly used in the various forms. It assists Nature to do the great work she has been trying to do under adverse conditions, and when this is done menstruation becomes a normal, painless function. There is nothing in the treatment to cover up pain or mask the symptoms. It contains absolutely no opiates or narcotics, but, going to the root of the matter, it removes the cause, and, by properly establishing all the bodily functions, restores health.

PAINFUL MENSTRUATION FROM CONGESTION.

Painful menstruation from congestion is of the most common occurrence. It arises from undue quantities of blood being held in the uterine organs. "Natural congestion" means a proper amount of blood held in healthy organs which gradually discharges at the period without pain. "Unnatural congestion," arising from colds, exposure, overwork, pressure of clothing, neglect, etc., means that congestion is present that has not been relieved through menstruation; it means that the blood-vessels are gorged with blood which does not circulate, but which remains stagnant in these parts, causing pain, swelling, tenderness, and soreness. When the added menstrual congestion appears, the flow of the blood through these tender and inflamed organs causes much suffering, especially before the periods.

Non-development, displacements, and adhesions, following severe pelvic inflammation, tumors, and polypi,

are all factors in producing undue congestion and painful periods. In such conditions the pain is generally experienced between the periods as well as just before them. It may be slight or very severe, and may come on suddenly or gradually. Usually the pulse is rapid, the temperature high, and the skin hot and dry. There are intense headaches, general restlessness, and considerable nervousness. The surface of the entire body is highly sensitive, and many distressing reflex symptoms are present, such as pains in the small of the back and down the thighs; the bowels become constipated, vomiting may appear, and usually there is tenderness and soreness in the breasts.

This is a condition that yields readily to the Vimedia treatment, since evidently the thing to do is to remove the underlying congestion and consequent inflammation, and to so strengthen the nervous system that this condition will not occur again. If displacements exist, they also yield to the general upbuilding of the body, and adhesive tissue is absorbed and carried out on the same principle that Nature cures a sore on the hand—by establishing healthy, normal tissue underneath.

If tumorous or polypous growths exist, the treatment assists Nature to rid the body of such conditions.

At the time of the attack the sufferer may find relief (unless menstruation is already too profuse) in the use of a hot sitz bath (see Hygienic Aids), in which she should remain from fifteen to twenty minutes, with shoulders covered; or, if she cannot use this, a hot foot-bath for twenty minutes will prove helpful. She should then be put to bed, and a cerate plaster, made by spreading Vimedia Cerate on oiled silk or a cloth, coated first with mutton tallow and then cerate, should be applied over the abdomen, after which a hot-water bottle half filled with hot water, or a hot bran-bag or salt-bag, may be used. If there is constipation, a warm-water enema in the rectum, to empty the lower bowel, is helpful.

During the intervals between menstruations one should observe regularity of habits, with abundance of out-of-door exercise and nourishing food. A quick cold sponge-

bath every morning upon arising is valuable, as it stimulates the general circulation.

These measures, while helpful, are not of themselves curative. The pain is caused by a "congested condition," which means a swollen, distended state of the blood-vessels, which may be so great as to increase the size of the womb considerably. The congestion is much like a crowding together in the street of vehicles or street-cars. A gradual movement of these must be established to clear the way. Particle by particle, the congested blood must be forced on, and new, fresh blood, loaded with building material, must be brought to take its place, and this free circulation must be kept up. The resulting improvement in the local nutrition is invariably followed by an increase of functional activity.

A reviving of the action of the nerves is the only means to bring about an increase of circulation, and it is through this that the Vimedia treatment produces results. The great nerve-centers of the body are ranged along the spine and those controlling the functions of these organs are located below the waist. Accordingly, the Vimedia Cerate, after the ducts of the skin have been opened and the blood brought to the surface by friction or heat, is applied here and, taken up by the blood, exerts its reviving effects directly upon the nerve-centers, and the work of strengthening and building the nerves to normal is begun. The cerate is applied the full length of the spine, since not only the uterine nerves, but all the nerves in the body, are involved. This application is made preferably at night and assists in inducing the needed rest and sound sleep. During the painful periods the cerate may be applied twice or even three times a day, if the patient remains quietly in bed.

Vimedia Capsules are to be used nightly in the vagina, except at the periods, preceded ordinarily by a douche of one quart of warm water.

A Vimedia Adjuvant Tablet is to be swallowed three or four times a day, just before and during the period.

Vimedia Liquid should be used internally three times daily, according to directions.

VIMEDIA SOVEREIGN TONIC during menstruation will prove helpful.

PAINFUL MENSTRUATION FROM A THICKENED LINING OR MEMBRANOUS DYSMENORRHEA.

Where the lining of the uterus has become thickened through chronic congestion it does not come away painlessly in minute particles at the periods, but it comes away in shreds or pieces, or even as a whole, causing intense suffering. Usually the flow is quite profuse, so much so as to prove weakening to the whole body, and always the ovaries are more or less involved, there being great pain and tenderness in these organs. There are many distressing reflex symptoms, particularly great nervousness, and often some distress of the heart, while frequently there is vomiting or some other stomach derangement just before or at the beginning of the flow. Through the irritation and weakening of the nervous system the whole body suffers proportionately.

Many methods have been resorted to for the relief of this trouble, but without marked success. A common method heretofore has been curettement—the scraping away with a sharp spoon-like instrument of the diseased lining of the womb. This "minor operation" removes a product, but does not by any means remove the cause of the trouble. Its service is rather that of a scavenger.

Dilation, or mechanical stretching of the neck of the womb, is another common method of treating this trouble, but anyone can readily understand that this is merely a temporary measure, proving anything but satisfactory. Such dilatation of the mouth of the womb may even result in laceration and its far-reaching nervous reflexes.

Evidently what is needed in these conditions is a treatment that will cause the womb to gradually and naturally expel the thickened lining and form a healthy one—a lining that comes away in minute particles with the flow.

A proper tone of the nerves controlling the quantity and quality of the blood flowing through the parts and controlling the functions of these organs is an important

factor in promoting this healthy formation. Build up the nervous system to a perfectly healthy, normal condition, and cause pure blood to circulate freely through the uterine organs, and it is evident that all congestion and inflammation will be removed and gradually a new and healthy tissue will form at the periods instead of a thickened lining, which means diseased conditions.

Dysmenorrhea is a condition that requires faithful, persistent effort on the part of the sufferer for some length of time, but it is a condition that has been cured in thousands and thousands of cases through the use of the Vimedia treatment, being, as it is, a system of treatment based on Nature's own laws. The forms of treatment and the methods of application are those outlined previously in this chapter.

PAINFUL MENSTRUATION FROM NEURALGIA.

In this form the pain is intermittent, like neuralgic pains in any other part of the body. These pains are most common in girls at the age of puberty. They indicate a weakened condition of the nerves and they are intensified by the disturbance incident to menstruation. Sometimes the pains appear before the periods and again appear and disappear during the flow. They are sometimes as unbearable as neuralgic toothache, and leave the sufferer quite prostrate. Of course, this great strain on the nervous system and the whole body cannot but undermine the health, and the matter should receive prompt and thorough attention. Vimedia, by promoting the feeding and building up of the nervous system, most quickly, directly, and thoroughly overcomes this trouble in a logical way.

PAINFUL MENSTRUATION FROM DISEASED OVARIES.

In this condition there is not only severe and exhausting pain at the periods, but pains occur between the periods, which are often difficult for the sufferer to understand. We find, however, when the ovaries are con-

gested, inflamed, and enlarged, there is more or less inflammation throughout the other pelvic organs and membranes, and that when the natural congestion occurs incident to menstruation, it causes pressure upon the delicate and inflamed nerves and tissues, and this produces great pain.

This trouble is largely due to a non-developed condition of the ovaries, and, if allowed to run on without the necessary aid, there is gradual lessening of the flow, a loss of function on the part of these organs, sterility, and a tendency to malignancy to develop later in life.

In painful menstruation from inflammation of the ovaries there is great suffering at the periods. Not only is there much local pain and tenderness, but there is frequently severe headache, and so great a degree of nervousness as to cause hysteria. The breasts are usually very tender, and there is reflex pain throughout the body.

This condition, like the other forms of painful menstruation, yields to the Vimedia treatment, since its correction depends upon forcing out the congested and stagnated blood, not only in the ovaries, but in all the blood-vessels of the pelvic organs, and to do this it is necessary first to feed and build up the nerves controlling this function. This Vimedia most thoroughly accomplishes, and when this is done, and pure blood made to circulate freely through the parts, new and healthy tissue is established, and menstruation becomes an entirely painless function; so much so that one who has heretofore been confined to her home and her bed can, at the periods, go about her regular duties. It is a source of great embarrassment to young girls to have to leave school or give up pleasures at a certain time each month because of these menstrual derangements, but under Vimedia all this is overcome.

CHAPTER XVI.

ABSENT MENSTRUATION OR AMENORRHEA.

DURING MENSTRUAL life there are only two conditions in which the non-appearance of the menses may be considered natural—that is, during pregnancy and lactation. Under other circumstances, if this function is not performed, the woman is not well.

The most common condition of absent menstruation is that due to delayed menstruation at the age of puberty. This may be due to organic causes, as the non-developed condition of the uterus, ovaries, tubes, etc., or it may be caused by inflammatory adhesions which have taken place earlier in life from a severe blow in the pelvic region, or by a fall that has caused complete retroversion, by adhesions, debility, overstudy, etc. In some families it is usual for the menses to be delayed until after fifteen, and in some cases until as late as twenty, but in such cases we seldom find a strong, well-developed woman, but one more or less ailing.

Where the indications are present that the age of puberty has been reached without the menses appearing, if they continue to be delayed very serious results may follow. The general tone and strength are lowered, the digestion is impaired, the blood becomes impoverished or filled with impurities, and there is general debility on the part of the sufferer. In such cases the sufferer may have all indications of the appearance of the flow, such as pain in the small of the back, dragging in the loins, aching across the hips, severe headaches, a general tired, worn-out feeling, indigestion, and constipation. These symptoms occur regularly each month, showing Nature is making a great effort to establish the menses and through them the proper functionating power of the body. Sometimes, if the flow is not established through natural channels, it will appear from the nose, ears, lungs, stomach,

or bowels, known as "vicarious menstruation;" or, instead, there may be more or less of a leukorrheal discharge.

Nine cases out of ten of delayed menstruation in young girls, where proper aid and attention are not given, result, from the increase of impurities in the blood, in a serious breaking down of the over-worked lung tissue, thus making it a fertile field for the tubercular germ, and the sufferer may drift rapidly into a decline or quick consumption may develop.

When a young woman past fourteen or fifteen suffers with the symptoms of menstruation, but no flow appears —when she begins to cough, has a hectic flush, sore throat, pain in the side—active steps should be taken at once to help Nature establish the flow and restore normal conditions. To such young women Vimedia proves a friend indeed. Reviving and building up the nervous system on which the function depends, purifying and enriching the blood and through it restoring the functionating power of every organ in the body, establishing natural conditions through natural means, Vimedia assists Nature to develop the uterine organs, establish the flow, and all in a painless and logical way.

The forms of Vimedia treatment used are the same as those outlined under "Painful Menstruation," and the measures therein suggested are also to be carried out. Especially is it necessary that the sufferer have plenty of fresh air and sunshine, and that she be relieved from too great mental strain at this time, when Nature is needing all the vitality of the body to establish a normal menstrual function.

Under Vimedia and right living the sallow complexion will give way to the roses of health. The gaunt and ungraceful figure will fill out and become round and full with the vigor of health and graceful with elasticity and joy of life; the dull eyes will sparkle with new life and pleasure in life, and the mind that has heretofore seemed dull because it was fed on impurities of the body that should be eliminated, will develop wonderfully, and the young girl will find that she will not only grow and be-

come well and strong and happy like other girls, but that she can readily overtake them in their studies.

ABSENT MENSTRUATION FROM SUPPRESSION.

When, having been established, the menses fail to appear for a longer or shorter period, and the woman is not pregnant, is not nursing a child, and has not passed "the change," we say that she is suffering with "suppressed menstruation," and this, of course, is an abnormal condition and should receive careful attention.

The causes are numerous, but the most common is exposure to cold, as in getting the feet wet, walking, sitting or sleeping in damp clothing, extreme change of dress, etc. Suppression may occur from emotional states, as fear, fright, mental depression, mental overwork. With some women the slightest indiscretion at the time of menstruation, such as taking a drink of ice water, eating ice cream or indigestible food, may cause suppression. This naturally causes them to worry, and mental distress tends to aggravate the trouble. Harmony of the whole body is necessary at this time to produce a normal period. The nervous system must be in good order, the blood must be made pure and to circulate freely, and the uterine organs must be healthy and functionating properly, else there is liable to be complete suppression, and complete suppression cannot but lead to grave troubles.

Aside from lung trouble so common in cases of suppression, we often find an excessive accumulation of flesh or obesity, and especially is the latter true if suppression is due to removal of the ovaries through an operation. Often we find a dropsical condition, and frequently tumors. Some cases of absent or of suppressed menstruation finally result in insanity. Of course, if the monthly purification is long suppressed, the impurities easily give rise to some form of diseased condition.

The other channels of elimination may be able to rid the body of these. The organs do what they can, at all times, but under the increased work they have to sustain,

and the poor food that they obtain, on account of the impoverished and poisoned condition of the blood, they soon break down, and it means drifting into physical wreckage for which there is no help.

Thousands of women who are treating for consumption, Bright's disease, obesity, etc., would find all these troubles disappearing upon re-establishing a normal menstrual function.

A normal menstruation, however, cannot be established by mere local treatments or stimulative drugs. The whole body is involved and the whole body must be built up and strengthened. However simple the case may seem, we may be sure that not only one part of the body, but the whole is involved, and that Nature needs help from every available point. The nervous system must be put in first-class working order, for it alone controls the functions of every organ in the body. The blood must be purified, enriched, and made to circulate freely, so that every nerve, cell, and tissue may receive the proper upbuilding food. The diseased, non-developed, or weakened condition of the uterine organs must be overcome, and this may be done most directly through the circulation and the nervous system. All of these things are involved in a normal menstruation, and all must receive attention before we can hope for a cure.

The Vimedia treatment for the suppression of menses, therefore, is both local and constitutional, and is designed to meet the complex conditions present. Its aim is to feed and build up the body from every available point, which is a perfectly safe, sane, and logical method of procedure, enabling Nature to do the work she finds herself unable to do alone. Thus Vimedia has been used most successfully in thousands of cases of suppressed menstruation, whether due to delay at puberty or due to suppression from colds or other abnormal causes, after the flow has once been established.

Of course, this does not refer to the suppression due to pregnancy, which is a normal condition with which the use of Vimedia preparations does not and cannot interfere.

VIMEDIA CAPSULES are used nightly in the vagina and

also in the rectum until the appearance of the flow, when they are omitted until the flow ceases. A douche of one quart of warm water should ordinarily precede the use of the capsule in the vagina, and this douche should be used in a reclining position.

VIMEDIA CERATE is applied daily over the lower abdomen and entire length of the spine, and hot compresses should be used two or three times weekly over the abdomen, preceding the use of the cerate over this part. To hasten results, one can use the cerate also over the palms of the hands and the soles of the feet, since the more of this form that is introduced by absorption, the quicker the results.

Hot sitz baths and hot foot-baths will prove beneficial in stimulating the circulation and thereby promoting a flow. These should be used only under the directions of the Hygienic Department, since individual conditions frequently require individual attention, and the patrons should keep in close touch with that department and follow directions closely.

VIMEDIA LIQUID is to be used according to directions.

VIMEDIA SOVEREIGN TONIC should be used, if a special tonic is required because of marked weakness.

VIMEDIA LAXATIVES should be used if the bowels are sluggish, and the VIMEDIA TABLETS if the liver is inactive or the digestion poor.

The Diet should be plain and nourishing, and all stimulants should be avoided. Plenty of water should be drunk freely between meals as well as upon arising and retiring.

Plenty of rest and sleep, plenty of sunshine and fresh air, plenty of out-of-door exercise, and regularity of habits, are necessary. Mental composure goes a long way in hastening improvement. (See "The Governing Power of the House," Chapter V.)

CHAPTER XVII.

PROFUSE MENSTRUATION—THE FUTILITY OF CURETTEMENT.

AN UNDULY free flow, prolonged and debilitating, is that of profuse menstruation. It may occur at various ages, but is most common at or near "the change," when frequently there are tumorous or other conditions of which Nature is seeking to rid the body. This too great loss of blood entails the impoverishment of the whole system without accomplishing the result desired; hence profuse menstruation is a matter that should be looked into carefully, the cause sought and removed.

An excessive flow during menstruation is determined by the quantity of flow normal to each individual. What would seem excessive for one woman would not be at all so for another. It is when the flow is greater than usual for an individual that there is profuse menstruation, and this is evidence of a diseased and weakened condition of the uterine organs, which should have attention.

Stagnation of the blood in the veins of the uterus is a frequent cause of profuse menstruation. A diseased lining of the womb, bad circulation, a distention of the walls of the blood-vessels from weakness, and congestion of the womb are all factors; diseases of the Fallopian tubes may be a factor, and again there are structural changes in the womb itself, such as produce tumors or other abnormal growths within or upon it. The nature of the discharge may vary considerably with different individuals.

Sometimes there is more or less menstrual discharge during pregnancy, without apparent injury to either mother or child, but when this takes the form of a hemorrhage it generally entails abortion if during the first few

months of pregnancy, or miscarriage during the second half. A persistent bleeding may indicate placenta previa, (an abnormal place of attachment of the placenta to the womb) or occasionally an imperfect attachment of the placenta to the walls of the womb. Severe hemorrhages may occur upon the expulsion of the child, whether at full term or not. They are, of course, very dangerous and require the immediate attendance of a physician.

A persistent flow of blood from the uterus is usually due to some abnormal condition, like growths within the organ, if it does not date from confinement or miscarriage or is not due to weakness. If it occurs after the change of life, the indications are that there is danger of a tumorous or malignant trouble arising, if not already present.

Whether or not one is losing too much blood must be determined by the effect of the flow. In hemorrhage the blood comes in gushes, or there is a continual flow of bright red or dark blood. The face turns pale and the feet and hands become cold. Complications may be present, such as difficult breathing, nausea, convulsions, and feeble pulse. A hemorrhage should receive immediate attention at the hands of a skillful physician, so that this may be checked as speadily as possible, before the great loss of blood has resulted fatally.

A profuse flow, however, is not so alarming, and if not due to abnormal growths, is usually due to a diseased condition of the uterine lining. Whatever the cause, Vimedia most directly reaches and gradually overcomes it, causing the menses to appear normally. If from tumorous conditions, Vimedia has removed many of these (see chapter on "Tumors") ; and if from a diseased condition of the lining, Vimedia, through its natural method of treatment, removes the cause of disease, and a healthy lining forms. (See chapter on "Painful Menstruation from a Thickened and Diseased Lining.")

Curettement or scraping away of the lining of the womb is the most frequent way of attempting to relieve this condition, but it has proven wholly unsatisfactory. It is fraught with dangers and usually leaves the woman in worse condition than before. The instrument used is

somewhat of a spoon shape and has a dull or sharp edge. The operation is performed by introducing a speculum to distend the vagina. Then the womb is dragged down to the vaginal opening by means of hooks fastened in the muscles of its neck. The mouth of the womb is then forcibly stretched and the instrument introduced which scrapes away the lining. After this the womb is usually washed out and packed, and left to form a new lining as best it may.

Scraping away a diseased lining, however, does not in the least reach the cause of the trouble, and the sufferer very often finds that this operation has to be repeated. Dragging down the womb into the position mentioned causes the ligaments to become stretched, as well as the walls of the bladder and the rectum, until those parts are very much relaxed and without their normal tone. The stretching of the mouth of the womb frequently results in tearing this part, because from the diseased conditions it has become hard and unyielding.

The greatest care has to be exerted to prevent blood-poisoning at this time, and many serious injuries may arise from the bent or flexed condition of the uterus; and yet, with all these risks, the cure is not established, for the means used are entirely unnatural, and Nature only responds to a method of treatment built upon her established law.

A diseased lining means a diseased condition of the womb itself, a nervous system more or less debilitated, and stagnation of blood in the uterine organs, or relaxed conditions of the blood-vessels, due to an impairment of the nerves which control their functions. The cause of the profuse menstruation is far-reaching; therefore it is necessary not only to treat the trouble locally, but externally and internally at every available point; it is necessary that the nervous system be built up and strengthened; that pure blood be made to circulate freely; that the tissues, blood-vessels, and nerves receive their proper nourishment, and therefore strength and functionating power—and all this Vimedia accomplishes in a perfectly

safe, sane, and natural way, that must appeal to the reasoning mind of any suffering woman.

Curetting does none of these natural things; on the other hand, it does many things that may lead to very serious conditions. Scraping away the lining is not natural, but means that there will follow further congestion and inflammation, which, in turn, produces another abnormal lining, for which another curettement will often be declared necessary.

If women would realize the dangers of curettement, this so-called "minor" operation, they would not be so ready to subject themselves to it.

It may be the cause of:

1. Hemorrhage, severe, sometimes fatal, by injuring blood-vessels during the scraping process.
2. Infection from unclean instruments causing blood-poisoning.
3. Rupture of the womb (softened by inflammation) and possible death.
4. Abortion if the woman be pregnant.
5. Laceration of the mouth of the womb from dilating it forcibly.
6. Closure of the Fallopian tubes from inflammation.
7. Suppression of the menstrual flow from increased inflammation of the lining of the womb.
8. Great nervous shock and depression.
9. Reduction of the cavity of the womb by formation of scar tissue.
10. Metritis—inflammation of the womb itself
11. Endometritis—inflammation of the lining of the womb.
12. Internal hemorrhage by tearing loose any adhesions (which may be present) in dragging down the womb.
13. Peritonitis from infection, and severe inflammation of the womb.
14. Displacements caused by the stretching and weakening of the ligaments in pulling down the womb.

Curetting or scraping away the lining of the womb is

unnatural, barbarous, cruel, injurious, unsatisfactory, and in nine times out of ten calls for another operation.

The Vimedia method of treatment is natural, is safe, is soothing and easy of application, is not in the least injurious, but is highly satisfactory, as thousands of women attest. Its faithful use a reasonable length of time should mean a permanent cure—a cure that means not merely relief from the local trouble, but a cure that means a strong nervous system, pure blood circulating freely, a strong and healthy body functionating normally—the roses of health, and the happiness and contentment of physical well-being.

VIMEDIA CAPSULES are used nightly, except during the four days of menstruation. If the flow continues longer, the capsules are to be used in the rectum until it stops.

VIMEDIA ADJUVANT TABLETS are to be swallowed four times a day during the period and for a day or two before its appearance. The adjuvant is invaluable in its tonic effect in abating the profuseness of the flow and in alleviating the pain.

VIMEDIA CERATE is applied over abdomen and spine. No heat should be used over the abdomen, however, and no hot drinks during or just before menstruation. While the flow is profuse cold compresses may be used over the abdomen with advantage.

Hot douches of 120 degrees Fahrenheit will assist in checking the too profuse flow. The douche should be of at least four quarts of water as hot as can be borne, used in a reclining position. Warm douches at menstruation only tend to increase the flow. A cupful of vinegar, previously brought to the boiling point to sterilize it, may be added to each quart of water with advantage, being, as it is, an astringent to close the blood-vessels. But such measures, of course, only afford a little temporary relief; they do not reach, and cannot reach, the cause of the trouble.

VIMEDIA SOVEREIGN TONIC should be used.

VIMEDIA TABLETS should be used if the liver is out of order or the digestion poor, and the VIMEDIA LAXATIVES if the bowels are sluggish.

The Diet should be very nourishing: soups, broths, milk and cream, soft-boiled and poached eggs should be used frequently in small quantities. Hot tea and coffee and other stimulants must be avoided. Lemonade, oranges, and grapes are beneficial. Broiled steak, mutton chops, chicken, and oysters may be used in small quantities at a time, and should be thoroughly chewed. Mush and milk is often used and is very nourishing.

CHAPTER XVIII.

LEUKORRHEA.

LEUKORRHEA is not properly a disease, but a symptom of diseased conditions that have far-reaching effects if neglected. Through lack of information, many have believed leukorrhea to be a natural discharge from the body. Where there is a continuous discharge for weeks and months, draining away a woman's strength and making her wretched, it is a serious condition indeed and one that may not be neglected without serious consequences.

Leukorrhea means "a white flow or discharge"; hence its common name, "whites." It is of mucus-like character, and in health may be present just before or just after menstruation, or at other times, as a means of escape for an excess of mucus that has accumulated within and about the glands of the organs as a result of local excitement or reflex emotional causes. Like perspiration, it may be a sort of safety-valve at times to prevent local congestion or inflammation, and such a discharge may not be harmful to the body, but as too great loss of blood is sure to be followed by disastrous results, so, too, great loss of this mucous discharge means, as stated before, a serious drain upon the strength and vitality of the body.

At first the discharge may be clear, like the white of an egg; later, as the pelvic congestion increases, it becomes creamy, thick, streaked with blood, or greenish yellow, and offensive, showing inflammation so severe as to cause destruction of tissue. This kind of a discharge is more serious than that from a wound that slowly drips blood, robbing the body of vital elements necessary for its nourishment.

Leukorrhea means a catarrhal condition of the mucous membrane lining the vagina or uterus, or both,

and is the result of inflammation and congestion. We may have a catarrhal discharge from the nose from a cold, which discharge disappears when the cold is cured; but if the congestion and inflammation are not removed, then the discharge becomes chronic, and we have chronic catarrh of the nose and throat.

In leukorrhea we have a chronic catarrhal condition of the mucous membranes of the parts, originating in congestion and inflammation of those membranes, and, like catarrh of the nose, it requires not only local, but constitutional treatments. Any uterine derangement of long standing, therefore, is accompanied by this leukorrheal discharge. Thus, we find it in menstrual derangements, miscarriages, lacerations, tumors, displacements, suppression of the menses, and in pregnancy, where there is chronic congestion and inflammation.

Through this discharge the blood is depleted of vital elements which are necessary for its nourishment. Mucin, an albuminoid, and certain salts, are the vital elements thus lost through this great drain on the body. The constant loss of such vital factors in the nourishment of the body is shown in a general tired feeling, dragging pains in the loins and hips, loss of color and flesh, dark circles under the eyes, mental depression, and, sooner or later, complete nervous prostration. This discharge means so great a drain upon the body that its natural vitality and resisting powers are greatly decreased, and this, of course, means an open door for many diseased conditions.

As a result of the great inflammation present in uterine leukorrhea, the womb becomes enlarged and consequently displaced, as an enlarged uterus cannot stay in a normal position, the strain on the supporting ligaments being too great.

As the inflammation extends the discharge may become very irritating, rendering the skin sore and setting up external inflammation, and nine-tenths of the cases of sterility are due to the nature of this discharge, which prevents conception.

Douches should be used for the purpose of cleanliness, but astringent douches to check the discharge merely

aggravate the trouble by sealing up the impurities that are excreted within the body. Leukorrhea is more than a local trouble; it becomes a systemic one, and the cause must be sought for and removed and all the bodily functions improved before the discharge will cease naturally.

This constant drain upon the system is not only more weakening than great loss of blood, but many complications arise from the impoverishment of the whole body that is being robbed by this discharge of elements necessary for its nourishment. Thus many cases of heart-failure and partial paralysis have been directly traced to this constant drain upon the body, while the arbitrary checking of this flow through astringent douches has resulted in ulceration, and even tumorous conditions. Many a case of indigestion has been traced to this injurious practice, which, by deranging the capillary circulation, only aggravates the inflammation and disturbs the whole nervous system.

There is but one logical way to cure this trouble, and that is to remove the underlying congestion and inflammation that is producing the discharge. Excessive quantities of blood held in the veins and arteries of the uterine organs are causing over-stimulation of the mucous glands and they freely discharge their contents as a result. Under the proper use of the Vimedia treatment the excessive quantities of blood are forced on, and thus congestion is removed and the attendant inflammation disappears, the mucous glands cease to discharge, and the great drain upon the body is stopped. So complicated is the construction of the uterine organs and so far-reaching are their functions that mere local treatments will not accomplish the desired results.

The whole nervous system is involved and through it the circulation; hence, we must begin at the beginning and build up the nervous system to normal; when this is done, the nerves controlling the walls of the arteries and veins will cause them to properly contract and expand so that the excessive quantities of blood are forced on and new and pure and enriched blood is made to circulate freely through the organs. Through this new and enriched blood

the cells and tissues will receive nourishment to restore their normal tone and strength, and thus the uterine organs become healthy and normal, and leukorrhea disappears.

Thus Vimedia overcomes this trouble permanently. While relief may not always be brought about as speedily as is that offered by an astringent douche, it must be borne in mind that the aim of Vimedia is to relieve plus a cure, and that its effects are sure, safe, and logical, so that the whole body responds to the general upbuilding.

But it is necessary, of course, that one avoid the causes that brought on the trouble in the first place. One should avoid local irritation, nerve strain and depletion, overwork, colds, and should have plenty of rest, sleep, fresh air, and sunshine, and observe all measures that appeal to one's common sense as being necessary at this time to give the body the proper rest and care and Nature the assistance of which she stands so sorely in need to establish a permanent cure.

Under Vimedia the sufferer will find the dark tell-tale shadows under the eyes disappearing, the drawn, tired look of the face giving way to color and a healthy appearance; under Vimedia she will find the body, no longer robbed of vital elements, filling out and becoming rounder and more youthful. She will find, with increased gain in strength, life will no longer appear to her through the clouded glasses of disease as a world of dreariness, but through the clear glasses of perfect health it will become a world full of welcomed work and play and joyous opportunity.

VIMEDIA CAPSULES should be used as directed.

VIMEDIA CERATE should be applied over the spine and abdomen as directed.

VIMEDIA LIQUID should be taken internally.

VIMEDIA SOVEREIGN TONIC also, if weakness is present.

CHAPTER XIX.

DISEASES OF THE VAGINA.

THE VAGINA is the passageway leading from the womb to the outside of the body. It is from four to six inches in length, and lies between the bladder and the rectum, its front wall forming the partition between it and the bladder, and its back wall joining with the rectal tissues, its external opening being bounded by the fleshy folds called the "vulva."

The walls of the vagina are composed of three distinct layers of tissue: the vaginal lining membrane, the muscular tissue, and the fibrous tissue. The vaginal membrane partakes more of the character of the skin than of mucous membrane. On account of its protected position, the horny layer is not well developed, and at the upper end, where it is continuous with the covering of the womb, it partakes more of the character of mucous membrane. This vaginal lining is not a smooth surface, as is the mucous membrane of almost every other portion of the body. It is thrown into deep folds, rendering the passageway elastic and capable of great distention. The skin-like character of the covering enables it, in its normal state, to resist infection by the various bacteria that may enter and gives great resisting powers against ordinary disturbances. Many influences, however, like long-continued friction of foreign bodies, such as pessaries, the use of astringent douches, etc., tend to weaken this resisting power, and if it is accompanied by lack of proper drainage and a consequent accumulation of the secretions, vaginitis results.

Vaginitis, meaning "inflammation of the vagina," may be either acute or chronic, and is usually accompanied by a leukorrheal discharge. Normally, there is sufficient secretion in the vaginal passage to keep the parts lubricated, just as in the passageway of the nose; but

when the mucous cells become more active from being congested with blood, the secretion assumes the nature of a discharge. At first it may be scant, with burning, swelling, and pain; later, it may become more copious and very irritating, causing a redness of the mucous membranes and the formation of minute granules, which give a sand-like roughness to the parts and produce pruritus or itching. Often a mixture of blood and pus accompanies the discharge; all of these conditions being very painful. The inflammation is likely to extend to the tissues of the rectum at the back and of the bladder and urethra in front, making difficult the use of those passages. Under such circumstances urination often becomes so painful that the sufferer avoids the act until unable to empty the bladder, and so becomes a victim of retention of urine.

Cleanliness is a great factor in preventing and curing this trouble. Infection from any cause is not so likely where the parts are thoroughly cleansed and are in a healthy condition; for this reason the douche after menstruation is advised, since any of the menstrual discharge accumulating in the folds of the vagina may set up an irritation which will produce inflammation and much distress of the parts. Any foreign object or instrument that tends to bruise the parts should not be used, as instruments for local examinations, pessaries for the support of the womb, instrumental deliveries at childbirth, are frequent factors in producing the trouble.

For vaginitis, hot douches should be used nightly in a reclining position only, and to this douche should be added a teaspoonful of the VIMEDIA LIQUID.

The external parts should be bathed with the same preparation, after which the VIMEDIA CERATE should be applied over them, slightly diluted with olive oil.

VIMEDIA CAPSULES should be used, one nightly, after a douche. If there is great irritation, the capsule may first be moistened with olive oil or pure vaseline. If the discharge is copious and very annoying, use at first only one-half capsule at night, the other half in the morning, after another large, hot douche; after the douche, one should remain quiet and off the feet for at least an hour.

VIMEDIA CERATE is to be applied daily over the spine and entire abdomen.

VIMEDIA LIQUID is to be used according to directions.

The use in the vaginal passage of a piece of sterilized gauze or thin old linen, saturated with a VIMEDIA CAPSULE diluted with olive oil or pure vaseline, hastens the allaying of irritation and prevents further friction. This should be inserted well up into the vagina and allowed to protrude between the lips of the vulva.

Sometimes accompanying vaginitis, and again entirely independent of this trouble, is a spasmodic contraction of the muscles of the vaginal orifice, which prevents anything entering the vaginal passage. This is called vaginismus. This spasm may be induced by the slightest touch and may be largely a nervous symptom, or again it may result from the diseased conditions of the vagina. It is usually very painful, and is almost always accompanied by spinal tenderness, soreness, and lameness; sometimes the soreness and lameness is more evident in the hips and back than the spine. Frequently there is ovarian pain, burning, and irritation.

Where the condition is chronic, there is great nervous debility and mental depression, and the patient passes into a decline and becomes a nervous wreck.

These conditions respond to the Vimedia treatment, since it supplies a local application to remove the irritation and muscular tension and to give strength and tone to the parts. Also, as the whole body is more or less involved through the nervous system, Vimedia strengthens and builds up this part of the system, and through its faithful and persistent use a reasonable length of time the conditions are entirely overcome, and the sufferer regains her health and happiness.

The treatment is the same as for vaginitis.

Pruritus means "an intense itching." It may be found in various parts of the body, but is most frequent in women in the vagina or vulva. It is merely a symptom of diseased conditions, and until the cause is removed palliative measures have but little effect, and the patient is driven to the verge of nervous prostration.

Among the causes which may produce this condition are lack of cleanliness, the contact of acrid vaginal secretions (as leukorrhea, infections), and sometimes the use of highly seasoned foods or alcoholic drinks. Sometimes it is present in pregnancy, and again it may be present in children; sometimes it alternates with chronic eruption, to which the patient has been subject; it may be a symptom of extreme nervousness. Frequently the surface is so heated and inflamed that the mucus secreted is dried upon the parts, and this causes such intolerable itching that the sufferer cannot refrain from rubbing, although this but aggravates the condition.

The itching, burning, stinging sensation may not always be constant, but more or less intermittent. It may be aggravated by exercise, excessive heat, by mental emotion, or even by urination. Sometimes it is worse at night, compelling the sufferer to leave her bed and seek relief in walking around. The intense nervousness resulting may give rise to vaginismus, or more generally to convulsions.

Sometimes the attack precedes the menstrual flow and is relieved when the flow begins; again, it may follow the flow, particularly if the latter has been more or less suppressed. It is a frequent symptom at "the change."

The cure of this trouble depends upon reaching and removing the cause. If from any diseased condition of the uterine organs, leukorrheal discharges, lacerations, Vimedia, by removing the conditions producing the symptoms, brings permanent relief; if from a nervous condition, Vimedia, by reviving and building up the nervous system, affords permanent relief; if from pressure due to gestation or the changes incident to the menopause, Vimedia, by strengthening and building up the whole body, affords the most direct way of reaching and correcting the trouble; hence its faithful use will bring marked beneficial results, whatever the real underlying cause of the condition.

Those forms of VIMEDIA are to be used as outlined in the treatment for vaginitis.

ITCHING FOLLOWING THE USE OF THE TREATMENT.

Where an itching of the parts follows the use of treatment for any uterine disorder it is a favorable symptom, meaning that poisonous material which has heretofore been secreted to the detriment of the body is being excreted through natural channels. This is merely a temporary symptom and is followed by indications of marked improvement, and, while somewhat distressing at the time, should be cheerfully borne, since the sufferer can understand that it is much better to have these poisonous secretions thrown out just as rapidly as possible. Should such reaction be more, however, than one feels equal to enduring, a half-capsule may be used for a time.

PROLAPSUS OR FALLING OF THE VAGINA.

Prolapsus of the vagina is caused by a relaxation which permits of the walls protruding downward or rolling outward. When the posterior or back wall gives way it brings with it the anterior or front wall of the rectum, and this pouching of the wall of the rectum into the vaginal passage is known as "rectocele." Similarly, when the anterior vaginal wall becomes relaxed and brings with it the posterior wall of the bladder, there is a pouching on this side, known as "cystocele." Both conditions, of course, interfere with the parts involved. In rectocele there is more or less rectal trouble and in cystocele the pouching downward of the base of the bladder causes a retention and decomposition of the urine, and inflammation of the bladder frequently results.

Any chronic uterine congestion and inflammation will affect more or less the vaginal walls; hence, as in other conditions, the cause of the trouble must be sought for and removed before the vaginal walls receive sufficient strength to maintain their normal tone and elasticity. As Vimedia reaches the cause of nearly all uterine troubles and gives tone and strength to the vaginal walls locally and through the strengthening of the entire system, its use is followed by entirely satisfactory results.

CHAPTER XX.

THE UTERUS OR WOMB—THE CRADLE OF THE RACE.

UPON THE HEALTHY condition and functionating power of the generative organs largely depends a woman's physical well-being and happiness. For the preservation of herself, as well as that of her children, she should obtain a knowledge of that system which is the very center of all the forces of her being.

An unhealthy condition of the generative organs may, through reflex nervous action, cripple her arm or deprive her of the ability to use her limbs; it may bring about a weakness of the kidneys, resulting in very serious trouble; it may cause stomach or liver or other digestive organs to almost cease work, and may disturb the heart's action to an alarming extent; it may impair the action of the lungs, opening the way for bronchitis, asthma, or a complete breaking down of these organs. Unhealthy and abnormal conditions in the uterine organs send every year scores of thousands of women to hospitals for operations, many thousands into consumption and cancer, and still other thousands to institutions for the insane.

These things not only may happen, but they do happen. They are unfortunately prominent features of the general trend of women's lives at the present day. Disorders of the generative organs are more disastrous to the race than war. Unwarranted operations upon the uterine organs are estimated to have done more in a comparatively few years to depopulate France than did the Franco-Prussian war. "We cannot afford to have the cradle of the race in a defective or diseased condition, else is the life that comes out of it malformed and defective also."

Knowledge is safety, and for that reason every woman should carefully study the functions of the generative

organs of the body that she may prevent the many ills to which she is commonly subjected through ignorance or neglect, or that, being ill, she may find health and strength.

The structure of the womb has been described in a previous chapter, and we advise that this be most carefully read.

A congestion of this organ entails inflammation, which may be either acute or chronic. An acute condition is of recent occurrence and a chronic condition is one of long standing. In an acute condition the recuperative powers of the body have not been so greatly overtaxed and the whole body is not so seriously involved; hence results are much more readily attained under the proper curative measures than in chronic conditions, although these also will yield in time.

Inflammation of the womb may arise from any of the many causes which bring on congestion. There is always more or less congestion prior to the period, and at that time cold, exposure, overwork, and neglect may result in chronic congestion and consequently chronic inflammation. Congestion is an excess of blood held at any one point, and on account of the great supply of blood-vessels in the uterine organs, they are more liable to congestion than any other parts of the body; hence, we say disease usually attacks a woman at her weakest point—the uterine organs. An abnormal condition in the system anywhere is felt in these highly sensitive organs. Thus, weakened nerves and lack of nutrition are felt locally in the womb and ovaries as well as elsewhere in the body.

Aside from the general causes producing congestion and inflammation of the womb, there may be local causes, such as inflammation following delivery, a sudden suppression of the menses, or injury from instruments used in local examinations, or from artificial supporters. The latter especially induce inflammation by setting up a constant irritation in the highly sensitive parts. Lacerations are another factor, while miscarriages and surgical operations upon the uterus are always followed by a great deal of congestion, and this by inflammation.

Suppression of the menses produces inflammation by

holding in the blood-vessels waste products that Nature intended should escape.

Inflammation of the womb means that the whole organ is involved, also the surrounding tissues and organs to a greater or less degree, depending upon the length of time the condition has been present. Inflammation of the body of the womb, known as "metritis," includes also the inflammation of the lining of the womb, termed "endometritis," and the inflammation of the neck or cervix, called "endocervicitis." The whole organ is congested and inflamed, and this inflammation extends throughout the pelvic cavity, involving all the tissues and organs. Chronic inflammation leads to ulceration and ulceration means destruction of tissue.

Many of the ills that attend women after confinement are due to *subinvolution* of the womb or failure of this organ to return to its natural size and condition. The process of involution—the return to a normal size—is not complete in the most healthy women (which, for one thing, means those who nurse their own children) until about ninety days after child-birth, many things tend to delay or arrest the process: great mental shocks, suppression of milk, retention of portions of the placenta or after-birth, and the carelessness or thoughtlessness of so many women in getting up too soon after confinement.

Subinvolution often—in fact, nearly always, follows confinement where diseased conditions have existed before or during pregnancy and it very often follows miscarriage because of neglect. Women do not always realize that a miscarriage occurs in direct and serious violation of Nature's laws, and entails a great strain upon the nervous system and upon the entire body. The greatest care should be used after miscarriage to give Nature a chance to recuperate the bodily force until daily work and functions can be safely resumed.

When in a state of subinvolution the uterus remains very much enlarged and consequently displaced, as an enlarged uterus cannot be in a normal position. Frequently hemorrhages follow this condition and much misery throughout the pelvic regions. Not infrequently

hands and feet become much swollen, and there is a disturbance of all the organs throughout the body, resulting in indigestion, constipation, and even heart-failure.

Frequently the enlargement is so great, the hemorrhage so severe, and the general distress such as to lead to a diagnosis of abnormal growth within the uterus. There is always more or less leukorrhea, menstrual irregularity, a burning in the vagina and mouth of the womb, and frequently great pain on sitting down. Again, the lower extremities become painful and lame from the result of pressure upon the sciatic or other nerves to the limbs, from the enlarged and displaced uterus, and often this condition is mistaken for rheumatism.

Naturally, where there is great disturbance throughout the body, the mind is also distressed. Forgetfulness is a common symptom, also despondency and melancholia, and even various forms of insanity may develop. Pain at the top of the head and at the base of the brain is a very common symptom, together with a marked pain between the shoulders, and tenderness over the spine and in the breasts.

Normally, menstruation does not re-occur until seven or eight months after delivery, if the child is nursing; if not nursing, menstruation re-occurs in two or three months after delivery. If menstruation occurs regularly and profuse following confinement, or if there is a continuous bloody discharge, with occasional flooding, subinvolution may be looked for as the cause of the trouble.

Where the inflammation has become chronic, the womb is large and hard and usually tender to the touch; also, there is more or less involvement of the ovaries.

The treatment for this trouble, like any other arising from the derangements with which women commonly suffer, is to seek and remove the cause, feed and build up the nervous system, on which the functions of the organs depend, and cause pure blood to circulate freely throughout the body. Local treatments alone do not correct the trouble, for more than local conditions are involved Remedies taken into the stomach have little, if any, effect in allaying the conditions. The whole body is crying out

for help in overcoming this abnormal condition. Nature, always working in our behalf, is doing her best, but alone and unaided she can accomplish little. Through the use of Vimedia, based as it is on natural law, she can overcome all these abnormal conditions and restore health.

Wherever the inflammation, whether of the lining only, of the mouth of the womb only, of the entire organ, or of the whole of the generative tract, involving ovaries and tubes, the Vimedia treatment, used locally, applied externally, and taken internally, most directly reaches the trouble and removes it; most directly revives and builds up the nervous system, on which the functions of these organs depend, and thus, in a perfectly safe, sane, and logical way, Vimedia relieves the trouble and establishes permanent results.

Vimedia Capsules are to be used locally; one nightly after a hot douche to cleanse the parts and render them absorptive. If there are hemorrhages, another douche should be used in the morning, and this douche should be quite large—at least three or four quarts of water; but one should not get upon the feet afterwards for at least two hours. If the flow is so severe as to prevent the absorption of the capsule, it should be used in the rectum for the time being, and a Vimedia Adjuvant Tablet should be swallowed from four to six times a day.

Vimedia Cerate is to be applied thoroughly over the spine and abdomen; twice daily, if the sufferer is confined to her bed and has an attendant; if able to be up and around, the application of the cerate once daily will be sufficient; over the abdomen, the cerate should be used in the form of a cerate plaster.

Where there are hemorrhages and much tenderness and soreness in the abdomen, cold compresses can precede the cerate application for twenty minutes, using at the same time a hot-water bottle at the small of the back.

Vimedia Liquid should be used three times daily according to directions in chronic cases; in acute cases with hemorrhage, the liquid should be used in three-drop doses only three times daily until the flow is under control.

VIMEDIA SOVEREIGN TONIC may be used twice daily in half-teaspoonful doses with great benefit.

Special directions for the use of the treatment in individual cases will be given upon application to the Hygienic Department. All information and advice is furnished by that department entirely free of charge.

ENLARGEMENT OF THE WOMB.

As noted in the chapter on "The Pelvic Organs," the arteries and veins of the womb are very numerous and unusually elastic and, instead of being straight, pursue a tortuous course. This prevents their becoming ruptured from the great stretching attending pregnancy.

These blood-vessels are controlled by a special set of nerves, whose function it is to see that their walls contract and expand properly and thus aid the blood, propelled by the heart, to circulate freely throughout this organ. When these nerves become debilitated they fail in their work and the walls of the arteries and veins become lax. The blood, instead of moving properly, accumulates in these blood-vessels, distending them, causing pressure upon the nerves of the womb, which gives rise not only to local pain, but pain throughout the body, especially in the small of the back and in the lower part of the brain.

Because of the great distention necessary during pregnancy, the veins of the womb have none of the valves which help the veins in other parts of the body to avoid congestion, and as the blood-vessels are so numerous in this organ, their undue distention produces unusual congestion or stagnation of blood, necessarily increasing the size of the womb. Congestion leads to inflammation, inflammation to enlargement, and enlargement to displacement, and thus we have a train of ills arising from the stagnation of blood held in the womb or uterus.

Enlargement of the womb from pregnancy is a natural condition and Nature provides for this condition early in gestation by lifting the uterus up from the true into the false pelvis, where it has plenty of room to expand; but an unnatural enlargement of the womb is not thus taken care of, and the enlargement causes pressure upon other organs

and interferes with the bodily functions and with the general health.

Such enlargement leads to various kinds of displacements. The womb not being a fixed organ like the nose or the ear, but being suspended in the pelvic cavity by hammock-like ligaments, it has considerable freedom of movement, and with breathing, walking, eating, or exercising varies its position more or less and may be said to never be exactly in position; but when it is permanently and decidedly out of position, then trouble arises.

Any of the causes producing inflammation and enlargement will result in displacement of this organ. Disturbance of menstruation is often a factor in producing displacements. The sudden diversion of blood by overstrain, over-exertion, etc., to the other parts of the body and the engorgement of blood that follows upon an imperfect or incomplete performance of menstruation are factors in producing displacements that are unknown before puberty and after "the change." Obstinate and habitual constipation is another common cause, although it would often be more correct to say that the displacement gave rise to the constipation. The wearing of tight clothing and high-heeled shoes are factors, while untimely exercises, such as skating, dancing, etc., at or near the periods, are all prolific causes of displacements that become chronic and undermine the health.

(Read the chapter on "The Pelvic Organs" for a description of the supporting ligaments of the womb.)

Displacements not only cause functional disturbances of the pelvic organs, but the nervous system soon becomes involved, and through it the whole body; not only that, but as large numbers of blood-vessels supplying the womb pass between the layers of the broad ligaments which envelop it, displacements twist these more or less and there is consequent engorgement of blood, giving rise to inflammation, enlargement, tumors, and cancers.

The pulling of the enlarged and heavy uterus upon the ligaments causes them to become very much relaxed and they thus lose their contractile power to lift this organ back into position; not only that, but the displacement

itself interferes mechanically with the proper circulation of blood through the uterus, and the congestion and consequent inflammation become greater.

It is evident that since the underlying cause of the trouble is too much blood held in the uterus, the first thing to do is to cause this stagnant blood to be forced on and new blood to circulate freely through the parts. Back of this is the nervous system, which controls the functions of the organs, and evidently it must be fed, built up, and strengthened, so that it regains a vigorous control of the contracting and expanding powers of the arteries and veins, and they in turn cause the stagnant blood to be driven on. Local treatments do little good, for they do not go back far enough to get at the underlying cause. Artificial supporters are worse than useless, setting up, as they do, a source of irritation that cannot but add to the inflammation and disturbance of the nervous system; their use may not only produce ulceration, but in some instances, because of additional engorgement of blood and consequent enlargement, they actually become imbedded in the uterus.

The pessary, as commonly used, is but a mechanical makeshift at propping up the displaced womb; being a hard foreign substance, it often causes the delicate nerves, and other tissues to become very much irritated and inflamed; pessaries formed like oblong rings greatly distend the vaginal walls and often set up such inflammation as to result in ulceration. The cup pessary allows the neck of the womb to rest in a cup-like receptacle; by its use the womb is not drained at all, and there is consequently much impurity collected and retained in this organ, while there is also constant irritation caused by the movement of the womb, and extreme nervousness follows.

A pessary of any kind is merely a prop, and does not seek and cannot remove the underlying cause of the enlargement; hence more injury follows its use.

Operations for displacement are illogical and unnatural and sure to be followed by worse conditions. Sewing the womb to the abdominal walls, an operation known as "ventral fixation," is one of the most common

methods employed. This very often gives but a temporary brace to the womb, as either the stitches tear out or the walls become relaxed on account of the great weight of the uterus; this great weight seems to be lost sight of in the operation, and yet it is evident that the weight of the uterus is the first thing to be removed. Stitching the womb to the abdominal walls means an unnatural displacement of an organ that was intended to swing free. This operation forces the womb up into an abnormal position, and there is consequent strain upon every nerve, and other tissue in the pelvic organs, and the womb lying on top of the bladder causes direct irritation in that organ. Nature never attached an organ of the body direct to the abdominal walls, and to do so surgically is sure to be followed by serious troubles.

Another method, that of shortening the ligaments, is equally illogical, since the weight of the womb remains just the same, and the shortened ligaments gradually give way again to great strain upon them.

Nature is always making a vigorous effort in our behalf to correct the many troubles that arise through ignorance or neglect, and all she asks is the right kind of help and she will do her work most fully. The Vimedia system of treatment affords her the help of which she stands so sorely in need and under its use these conditions are permanently righted in a safe, sane, and logical way. The congestion causing the increased weight of the uterus is removed, pure blood is made to circulate normally, and the uterus naturally reduces in size. This, however, is but a small part of the work of correcting this trouble. The nervous system which controls the functions of these organs must be built up to normal, and as the whole body has become more or less involved, the whole body must share in the general upbuilding. When pure blood is made to circulate freely through the parts, the ligaments, which have become very much stretched and relaxed, will regain their normal tone and contractile power, and they will lift the lightened uterus into position and retain it there.

The ligaments are composed of fibers, and the fibers of

cells, much like the rope that is used in the back yard for the weekly washing. During a long dry season the fibers of the rope become relaxed and the rope sags a great deal; but when a good rain saturates the cells of the fibers they become swollen, the fibers contract, the rope becomes shorter, and it can support its load without sagging. Under Vimedia the cells in the ligaments receive their proper nourishment which gives them tone and strength, and under this the fibers, instead of being very much stretched, contract and become shorter, and the womb is lifted into normal position. All this in a perfectly safe and logical way, a way based on the natural laws, observance of which brings a reward of health and efficiency, and violation of which entails a penalty of suffering and shortened life.

ANTEVERSION.

Anteversion, or forward displacement, of the womb is a condition in which this organ is so much out of position as to rest more or less upon the bladder. This produces irritation in the bladder, and as the pressure on it lessens its capacity, there is frequent urination. Where the trouble is of long standing, inflammation of the bladder itself or cystitis finally results. (See chapter on "The Bladder.")

In chronic anteversion, the top of the womb falls over on the middle of the bladder in such a way as to almost invert that organ, while the mouth presses on the rectum, partially shutting off that passage, and the vagina becomes very much stretched. Voiding the urine does not relieve the conditions, and in time the sphincter muscles which control the flow of urine lose their function, with the result that there is inability to retain the urine, and a constant dribbling follows. This is a very distressing condition, yet very common with women suffering with this displacement.

In anteversion we usually find the chief complaint is of the bladder symptoms, and often the case is mistaken for cystitis, when as a matter of fact the trouble is all due to pressure from a displaced womb. The bladder symptoms are worse when standing or walking, and on account of the diminished capacity of the bladder from the pres-

sure, only a small quantity of urine can be retained, and this produces very frequent and painful urination. The rectal symptoms are not always present, yet where there is complete displacement of long standing the cervix may protrude so far into the hollow of the sacrum as to obstruct the passage of waste-matter and cause painful and ineffectual straining at stool.

Inflammation of the bladder, resulting from displacement, soon causes trouble with the ureters and with the entire urinary tract, and in time results in chronic kidney trouble, since no organ or part of the body can suffer long from continued irritation without becoming diseased.

Among the distressing symptoms of anteversion may be mentioned backache, great distress in walking, nervousness, painful menstruation, and always more or less leukorrhea, from the chronic congestion and interference with the circulation. A heavy, bearing-down feeling in the pelvis is a common symptom.

Most forms of uterine displacement may be overcome by the Vimedia treatment, which removes the underlying cause—the great congestion and consequent inflammation and enlargement—and which, by causing pure blood to circulate freely through these parts, gives tone and strength to the nerves, tissues, and ligaments, so that the organ regains a normal position and retains it.

ANTEFLEXION.

Anteflexion is a form of displacement which often occurs in young girls. Before puberty, the normal position of the uterus is to curve decidedly forward, but when it curves so much as to bend upon itself, then a long train of distressing symptoms follows. In anteversion the whole womb tips forward; in anteflexion it bends upon itself, much as the fingers bend upon themselves when the hand is closed. In anteversion the enlarged and heavy womb has put such a strain upon the ligaments as to cause them to relax, and the whole organ falls forward; but in anteflexion the muscular substances of the womb itself have become so relaxed from inflammation that it has doubled over, as it were. Both conditions may be present at the

same time. In anteflexion the bend or flexion is usually at the junction of the neck with the body of the womb.

This condition is frequent in young women entering puberty where due regard has not been given to the health at and before the appearance of the menses. Neglect, colds, exposures, etc., at this time bring on chronic congestion and inflammation, and as at this time the uterus curves more or less forward anyway, from the diseased conditions the organ very readily loses its tone or strength, and becomes flabby, relaxed, and bent upon itself. This, of course, leads to very painful periods. Usually, there is great pain a few hours before the flow, which may be intermittent, continuous, spasmodic, or in the nature of cramps. A clotted flow appears, which affords relief for a time, and this is frequently followed by a thin and watery discharge. Sometimes the discharge has a very disagreeable odor. When upon her feet the sufferer urinates frequently, but not at night, since on lying down the whole organ tips more or less off the bladder. In this condition the uterus is usually higher in the pelvis than in any of the other displacements.

As the flow is more or less clotted, much of it is retained on account of being unable to pass the bend in the uterine canal, and this, of course, leads to added congestion and inflammation, and the latter may lead to an absolute break in the softened tissues, producing ulceration.

A flexion is a common cause of sterility, as the lining of the uterus does not become normal and cannot prepare itself for the development and nourishment of the ovum.

In this condition it is necessary to build up the uterus to a normal, healthy condition by forcing out the old stagnated, congested blood and causing new blood to circulate freely, so that this organ regains a normal tone and elasticity; when this is accomplished, a healthy lining will form in the uterus and the whole organ will functionate normally and without pain. The operation of dilatation and curettement is illogical, since this does not in any way give tone or strength to the organ which was so soft and flabby that it bent upon itself. Vimedia is a logical treatment, for it does give necessary upbuilding to the uterus

and surrounding organs, tissues, and nerves, and by establishing a perfect circulation through the parts gives tone and strength to this organ, so that it regains a normal position.

RETROVERSION.

Retroversion means "a tipping backward" of the uterus. This condition may arise from a heavy fall, producing rupture of one of the supporting ligaments, or it may result from subinvolution following confinement, or from a break in the pelvic floor—from lifting or carrying heavy weights, jumping, running, or a sudden jar from a misstep. The most common cause is uterine enlargement.

The uterus may not only be tipped backward, but it may be more or less bent upon itself, thus producing retroflexion. This condition is the reverse of anteversion and anteflexion. In the former the displacement is forward and in this latter condition the displacement is backward. There is much backache and dragging throughout the pelvis, and this may be so great as to interfere with the walk. Leukorrhea is always a prominent symptom, the discharge being milky or purulent. Where there is great inflammation, every movement is felt in the tender organ. Evacuation of the bowels is difficult and painful and constipation is a frequent symptom. The uterus being tipped so far backward causes a dragging upon the walls of the vagina and consequently upon the walls of the bladder, and this sometimes causes a weakness of the muscles of the bladder, so that upon the slightest exertion, laughing, etc., there will be a dribbling of urine.

Pains down the thighs and headache at the base of the brain are very common symptoms. Through the nervous irritation there may result stomach, liver and bowel troubles, and peevishness, melancholia, and hysteria; and there is always caused gastric disturbance. The pressure of the heavy womb upon the veins carrying the blood returning from the limbs interferes with the circulation, and varicose veins as well as swelling of the limbs may result.

Owing to the many distressing symptoms, the sufferer

is more often treated for these than for the cause; hence no curative results are obtained.

On account of the pressure of the enlarged and displaced womb upon the rectum, the passage becomes partially closed, and this results in an accumulation of fecal matter, causing poisonous gases which are absorbed by the blood and carried throughout the system, poisoning the whole. Artificial aids to move the bowels relieve the lower muscles and tissues of their natural work, and consequently constipation becomes a fixed habit, and through long neglect the lower part of the bowel and rectum may become wholly or partially paralyzed; not only this, but the pressure of the enlarged womb upon the blood-vessels in the rectum interferes with the proper circulation of blood, and piles, tumors, inflammation, and ulceration of the rectum follow. The majority of rectal troubles among women arise from uterine displacement, although there may be no marked symptoms present, aside from the rectal trouble, to indicate displacement. (See chapter on "The Rectum.")

As mentioned in a previous chapter, all these organs are more or less connected; the womb with the vagina, the walls of the vagina with the bladder; and thus we have bladder trouble and vaginitis in addition to the rectal trouble.

From long-continued displacement and great pelvic inflammation, adhesive tissue may form, which binds the womb down in this abnormal position and greatly aggravates all the symptoms.

These conditions yield to the use of the Vimedia treatment, since the cause in this trouble is the same cause in any form of displacement, and with the cause removed, and the whole body built up and strengthened, entirely normal conditions are obtained.

PROLAPSUS OR FALLING OF THE WOMB.

Prolapsus, or falling, of the womb is of various degrees. There may be a slight displacement or slipping down accompanying retroversion, to a complete prolapsus, where the whole organ is down in the vaginal passage and

the neck of the womb protrudes into the world. This form of displacement is most common with women who have borne children, although it occurs in other cases. Complete or partial prolapsus comes on gradually in most cases, although heavy lifting, violent exercise, hard work, or a severe fall from a height may bring it on acutely by rupturing some of the supporting ligaments. The most common cause, however, is congestion, inflammation, and enlargement of the uterus.

In chronic prolapsus, coming on gradually, the first symptoms are usually backache, bearing-down or shooting pains from the rectum to the bladder, constipation, pains down the thighs, lameness in limbs (often mistaken for rheumatism), and discomfort in walking. After these symptoms have been present for some time, they may disappear, and the sufferer complains only of the inability to walk or the inconvenience of the protruding mass. This does not mean that the condition is better, however, and it is frequently in just such conditions that we find malignant troubles developing later on.

In prolapsus the vaginal walls are dragged down with the womb, and as the front wall of the vagina forms the back wall of the bladder, the bladder is also dragged out of position, and it is not uncommon to find the bladder protruding from the vaginal orifice just in front of the womb. When the bladder becomes distended with urine, this protrusion of the organ may become prominent, in size varying from a small, round object to one as large as a quart bowl. From friction of clothing, walking, etc., the protruding bladder becomes so inflamed as to make urination a great agony; it frequently being necessary to replace the bladder with the finger before this organ can be emptied. The friction on the neck of the womb causes such intense irritation as to produce ulceration.

Where prolapsus of the bladder into the world is not present, there is often a sagging of the walls of the bladder into the vaginal passage, producing what is known as "cystocele;" a protrusion of the walls of the rectum is known as "rectocele," and these conditions greatly aggravate the general suffering. In cystocele complete evacua-

tion of the bladder becomes almost impossible; some urine is retained and this decomposes and adds to the general irritation and inflammation. As the cystocele increases in size, the neck of the uterus is pulled upon more, and this aggravates the descent of the womb downward, and every effort of the bladder to empty its contents aggravates the displacement.

Mechanical aids, as mentioned before, do more harm than good in such conditions, and operations are illogical and worse than useless. The underlying cause of the trouble must first be removed, and when this is accomplished, the nervous system built up and strengthened, and the functionating power restored to the various organs of the body—when pure blood is made to circulate freely throughout the parts, and a general upbuilding accomplished, the condition rights itself, under natural and logical laws. Thus Vimedia, being a natural and logical system of treatment, successfully abates this condition and ordinarily enables one to entirely correct it.

TREATMENT FOR DISPLACEMENTS.

As the underlying cause of all displacements is the great stagnation of blood in the blood-vessels of the organs, which has caused the organ to become enlarged, it is evident that the first step in the process of cure is to relieve the congestion, and this is most directly accomplished by the Vimedia treatment, which not only locally attacks the trouble, but which recognizes that the weakened and diseased nerves need to receive special aid, and which, through the nervous system, most directly reaches this condition. When the nerves controlling the supply of blood to the parts regain their normal tone and functionating power, they regulate the blood-supply and the circulation, and this stagnant blood is forced on, new, enriched, and pure blood takes its place, and an upbuilding of the parts follows, giving tone and strength to the uterus, ligaments, and surrounding organs.

With chronic stagnation of blood occurs more or less numbness of the parts; such as is experienced when the foot goes to sleep. When this stagnant blood is made to move on, and circulation becomes more free, the nerves

which have been deadened through pressure make themselves felt, and consequently in the foot there is the sensation of a thousand needles sticking one; and in the uterine organs there is more or less pain for a time, but this is to be borne patiently, as an indication that the stagnant blood is being forced on and the nerves are being awakened to activity again. As soon as a normal circulation through the parts is established, all pain disappears.

As Nature makes use of every part of the body under the right aid for the elimination of the impurities, there may follow a discharge, which will be more or less irritating for a time; but since the impurities can be carried out much more rapidly in this way than through the circulation, this is another feature that should not alarm, but be welcomed as a sign of continuous improvement.

VIMEDIA CAPSULES are to be used nightly, usually after a douche of warm water to cleanse the parts and promote absorption of the capsule. If there is a profuse discharge which interferes with the absorption of the capsule, one half should be used in the vagina, the other half in the rectum, until conditions in the vagina are so improved as to admit of the full absorption of this form. In profuse leukorrhea a douche night and morning may be used.

VIMEDIA CERATE is applied over the entire abdomen once daily. Where there is much pain and tenderness, a hot compress should be used two or three times weekly; omitting this just before menstruation if the flow is profuse, and increasing to one each night if the flow is scant. (See directions in Appendix.)

VIMEDIA LIQUID and SOVEREIGN TONIC should be used as directed.

The pendant abdominal massage is helpful in these conditions, unless there is much bladder complication or profuse menstruation, when this position should not be used. (See directions in the Appendix.)

Special positions night and morning should be used, to lift the uterus temporarily into position and give some relief to the supporting ligaments. (See Appendix.)

On account of the close relation in structure and function of the ovaries, tubes, and uterus, inflammation of one

part is likely to involve the whole; hence these tubes often become diseased.

INFLAMMATION OF THE FALLOPIAN TUBES.

Inflammation of the tubes is known as "salpingitis," and may be so severe as to cause a partial or complete closing of the tube, when much suffering results. Sometimes the tubes become filled with fluid or pus from the inflammation, and the suffering is severe until this discharge comes away; then there is temporary relief until the tube fills again, when the same pain is experienced as before. Where the pus is held in the tube instead of being discharged, a pelvic abscess results, and the tube may rupture as a result, and peritonitis follow.

Anything that tends to produce uterine and ovarian congestion and inflammation tends to affect these tubes; hence these conditions should never be neglected, but immediate steps taken to remove the underlying cause of the trouble. Where the tube has become so inflamed as to cause the periodical attacks of suffering incident upon the filling and discharging of the accumulations, the Vimedia treatment has been used with marked beneficial results, although this is a condition that does not yield quickly where the trouble is of long standing and chronic.

The treatment is the same as for ovarian troubles.

CHAPTER XXI.

ULCERATION OF THE UTERUS AND CANCER.

ULCERATION means an inflammation so severe as to cause a breaking down of the cells—a destruction of tissue. A few years ago ulcerations of the womb were supposed to be common accompaniments of the diseases of women, and for many years the practice was to rely solely upon local treatments, but of late years it has been demonstrated that ulceration of the cervix or mouth of the womb is really infrequent, and that the local treatments so frequently given were for a condition that had no existence until it was induced by the treatments themselves.

A noted physician in a series of lectures stated: "It is not pleasant to think that such a result was brought about by clinical, painstaking study, and experience. Henceforth the poor women are to be spared the suffering and the harm that have been unwittingly and unnecessarily inflicted upon the sex for a whole generation."

He further states: "Thousands of women have been cauterized for uterine ulceration which had no existence. Multitudes of them have done penance by wearing pessaries and supporters of every description for the displacements of the womb that could not be found except in their own imagination or in that of the physicians. They have been bed-ridden and abused until the weakness of the sex has become a by-word and a reproach, mainly because the doctors have been too anxious to 'make a case,' and afterwards because they have seen fit to persecute them with the most harmful appliances."

Strong words these, but, coming from a leading physician who has given scores of lectures before medical schools and associations, they should be given due consideration by the "easy victim."

Uterine ulceration may be merely local, as in the

breaking down of tissue from chronic inflammation, or in abrasions resulting from various causes, or it may be constitutional, from scrofulous, diphtheritic, syphilitic, gonorrheal, and cancerous conditions.

In uterine ulceration there is usually considerable pain in the hips and thighs, the small of the back, or in the ovarian region. There is usually a feeling of weight and fulness or weakness and bearing down in the region of the womb. There is great physical weakness and a general tired feeling, with lack of ambition for exertion. There is generally much heat or burning of the parts, particularly before or after menstruation, and when this trouble is complicated with vaginitis or inflammation of the vagina, there is likely to be a bloody discharge; this discharge, in a case of simple ulceration, is often mistaken for a cancerous symptom, and under caustic treatments, operations, etc., the condition may develop from simple ulceration into a malignant trouble; whereas, if handled simply and naturally, the condition would have entirely disappeared.

The reflex symptoms in this condition are marked. There is extreme nervousness, mental depression, hysteria, and sometimes an exhibition of strong tendency towards insanity. Especially is this true if continued intercourse is maintained.

The direct cause of the trouble is chronic inflammation which has been neglected, followed by colds, exposure, and often treated by astringent and harmful injections, also directly aggravated by friction of the parts in walking when the uterus is displaced. Some forms of leukorrheal discharge containing corrosive properties produce the condition upon the slightest abrasion of the parts through the use of pessaries or other friction.

Frequently the symptoms of ulceration are all reflex. Thus one may suffer from great stomach trouble, with cramp-like pains in the pit of the stomach, slight nausea, constipation, and bad complexion. The only local symptoms may be more or less decrease in flow and a leukorrheal discharge more or less weakening, with but little or no pelvic pain or distress of any kind. In such cases the sufferer usually, and the physician frequently thinks

the trouble is entirely with the stomach, and so treats the symptoms without marked results, simply because the trouble lies elsewhere. Thousands of women suffering from stomach and heart trouble never find a cure until, under the Vimedia natural system of home treatment, pelvic trouble is removed which they did not realize existed, the symptoms from it all having been reflex.

The surface of uterine ulcers is usually covered with a gelatinous mucus or pus, which coating is protective more or less, but under the ordinary local treatments in nine out of ten cases it will be cauterized, which but adds to the inflammation and irritation and the further destruction of tissue, so that the ulcer, instead of being healed, spreads and becomes more serious.

Ulceration of the uterus means not only local congestion and inflammation, but a low degree of vitality; it means a deranged digestive system and general ill health; hence it is not sufficient to merely treat the local conditions, although this should be done with a soothing preparation, but it is necessary to feed and build up the nervous system and purify and enrich the blood—in fact, it is necessary to practically make a new body throughout, and this the Vimedia system of treatment directly aids to accomplish. It has long been a recognized fact that mere local treatments are of little avail, as more than local conditions are involved; hence in Vimedia is presented a treatment for the nervous system and for the circulation as well as for the local conditions.

In ulceration of the uterus great cleanliness must be observed locally, not only in the vagina, but in the rectum as well. Frequently in ulceration we find that on account of more or less constipation fecal matter is retained and absorbed at the point of trouble, inducing a form of blood-poisoning that cannot but aggravate the ulceration.

Vimedia Capsules should be used nightly after a douche of warm water; a special douche, when necessary, being advised by the Hygienic Department.

Vimedia Cerate should be applied nightly and Vimedia Liquid used internally three times daily.

VIMEDIA TABLETS are indicated where there is stomach and liver trouble.

VIMEDIA LAXATIVES should be used to keep the bowels moving freely.

Care in diet is essential, and special instructions for the individual case will be given upon application to the nearest Hygienic Department. In general, the diet should be light and nourishing. Heavy, rich, greasy, and highly seasoned foods should be avoided, also strong tea and coffee; milk, cream, lean meats in any form except fried, eggs, soups, broths, fruits, well-cooked vegetables, and bread and butter should make up the diet. Plenty of fresh air and sunshine are absolutely essential, also cheerful company; but walking should be avoided as much as possible, also any kind of violent exercise, until the condition has completely yielded.

CANCER.

Cancer means a malignant condition, and is here used in the sense of cancer of the womb, although there may be cancerous conditions in various other parts of the body. It is a very serious condition and one for which a positive cure has yet to be established. Fully developed cancer, therefore, does not come within the curative range of the Vimedia treatment; but often there have been mistakes in diagnosis, and severe ulcerations have been treated as cancer, and through neglect and wrong methods have developed into malignant troubles, while many a so-termed "cancerous case," not malignant, has been cured under Vimedia.

The beginning of a cancerous condition is so obscure that diagnosis by the most eminent physicians will vary in a given case, and in these conditions, since Vimedia is perfectly harmless and is an exceptionally successful system of treatment, it should be given a thorough trial before drastic means are resorted to.

Cancer of the cervix or mouth of the womb commonly develops between the ages of thirty and sixty, being most frequent at and after the change of life, particularly where many diseased conditions exist at that time. It is seldom that a cancerous condition develops in unmarried women.

Generally speaking, its cause may be traced to long-continued or especially severe irritations not properly treated or neglected, to neglected chronic menstrual irregularities, to extensive inflammations, ulcerations, and to lacerations from mechanical injuries due to instrumental deliveries; it is also found following the use of pessaries and other artificial supporters.

The symptoms vary with the kind and degree of cancer. Usually, there is no pain in the beginning, although as the disease advances sharp, shooting pains are much in evidence, also burning. Frequently the disease is well advanced before aid is sought. The most common of all the symptoms, and yet one not present in all cases, is hemorrhage. This may appear first at the periods and later on become more severe and long continued, or it may occur between the periods. Generally, the nearer one is to the change of life the greater the amount of blood lost. In advanced cases the flow may be caused or increased by the slightest movement, by the use of a syringe, by straining at stool, or by mental excitement.

The leukorrhea which accompanies this disease is of a peculiar watery character and quite offensive; an offensive and watery leukorrhea, however, does not mean always a cancerous condition any more than frequent floodings or a womb that bleeds upon touch means this disease, but both are symptoms that accompany the condition. A bleeding womb at any time is a serious menace to health and is a condition that should not be neglected, no matter if there is little or no pain and the condition does not seem serious. These symptoms neglected may later develop into such serious conditions as to force attention, together with the realization on the part of the sufferer that she has delayed too long and that the condition is now too far advanced for any practical help. An ounce of prevention is worth many pounds of cure.

If a thin, acrid, and fetid leukorrhea follows or alternates with an alarming hemorrhage with a greenish-yellow, brownish, or chocolate-colored discharge, the chances are that the trouble is malignant. The odor of the discharge in the advanced stages is characteristic and

often renders the sufferer an object of loathing to herself. A suspicious symptom is persistent flowing at the change of life, and this suspicion becomes almost a certainty as to malignant troubles when the persistent flow is kept up after the change, or if bloody discharges appear years after the change has been established.

Any laceration or abrasion of the neck of the uterus is a serious matter and should not be neglected, as is too often the case. The uterus, not being a fixed organ, is constantly in motion from the various activities of the body and its neck is in constant touch with the vaginal walls. If the neck is lacerated or if its surface becomes raw from abrasion or from a discharge, constant irritation is kept up, and this leads to ulceration and frequently to malignant troubles.

Uterine cancer is a disease which, unless removed in the very beginning, sooner or later ends fatally, but it does not pursue the same course in all cases. In some it develops rapidly and runs its course in a very short time; in other cases it is an insidious disease that creeps on very slowly and is thoroughly established before the sufferer is aware of any very serious impairment of her general health. In all cases much depends upon the time of life, the general health, and resisting powers of the body, and upon whether there has been absorption of poisonous matter from waste or decomposing tissues.

Formerly it was a method to treat these conditions with astringents, caustics, and stimulating washes until the question arose whether or not these irritating measures did not really develop the trouble where there was merely a suspicion of the condition before. The knife also was used freely. Of late years both methods have been more or less discontinued in any but extreme cases, and means have been sought to build up the sufferer's general health and resisting powers. As Vimedia is a great reviver of the nervous system and of the entire body and as it is a soothing local application, its use has been employed in so-called "cancerous" conditions without any assurance whatever of results, but happily with the most satisfactory outcome. The probabilities are that such cases were

not really malignant, and where, under a safe, sane, and logical treatment they yielded nicely, under such trying and drastic measures as were formerly employed, the trouble would in all probability have become decidedly worse, if not really malignant.

As there is always doubt concerning the correctness of the diagnosis in the obscure stages of the disease, the sufferer should have the benefit of the doubt, and employ first a perfectly harmless and rational system of home treatment that cannot but build up the body and the general health and accomplish everything possible when the condition is true malignancy, or a complete cure if the diagnosis is a mistaken one.

CHAPTER XXII.

MATERNITY OR PREGNANCY.

"The education of the mothers and the rendering secure of the functions of the mothers is the life problem of the race."—*Ellen Key.*

MATERNITY or pregnancy means organizing life, but it also means more than the bringing into existence of another body; it means the bringing into the world of another soul—the crowning glory of the race—motherhood. It means, under normal conditions, a time of quiet rejoicing and happy preparation for the future; a time of sweet anticipations of the wonderful blessing to be bestowed and of all due reverence for the great responsibility to be assumed; a time that lifts a woman above the sordid conditions of ordinary life into a realm that more nearly approaches the divine; it is a time when both father and mother should realize that not only the physical welfare of another being depends upon the conditions at this time, but also the soul endowment of that being, whether it shall be narrow or great, ugly or beautiful, mentally deficient or proficient.

It is not enough to long for children and to love them before they are born. The child's whole future health and happiness depend on proper physical conditions being actually present. It is necessary that the parents endow the child with the greatest possible degree of physical, mental, and spiritual attainments, so that it may in turn assume the duties of life in the highest possible conception for the development of self and the advancement of the race. We must needs look beyond the narrow bounds of the present into the wider horizon of the future, not only for that child's sake, but for following generations. Great advancement has been made along every other line of human endeavor. The vegetable and animal worlds have been greatly improved during the past century, and

it is needful that the human race keep step with the general advancement. The great work begins not with the cradle, but before.

It is well said that every child should have the opportunity of being born great; certainly every child should have the advantage of being at least well born, and it is as an aid to this end that the Vimedia treatment is presented to mothers.

Parental responsibility is a very grave matter and does not rest solely with the mother. The father's share is equally important, and this matter is being brought daily to their attention by the leaders among our people. In press, pulpit, and public gatherings the matter is being fully and frankly discussed, to the great advantage of the nation.

In a wide sense, it may be said that all the diseases peculiar to women, except those relating to menstruation, may be traced directly or indirectly to pregnancy and confinement; hence every woman should place her body in the best physical condition possible before conception or during the period of gestation, not only for her own health and happiness, but for the health and happiness of the new soul, which must depend upon its generators for physical perfection.

Every month, ova or seeds become detached from the ovaries of the normal woman and, passing down into the uterus, are cast off in the menstrual flow, or, uniting with the male germ, become impregnated. Gestation is the development of the ovum in the womb; parturition or confinement is giving birth to another being.

At conception ovulation and menstruation normally cease, and the uterine tissues begin to develop in a wonderful degree to make a nest for the impregnated ovum. The circulation through the parts is greatly increased and the nutritive and nervous systems are called upon to provide for two instead of one, and there are not only great physical changes, but marked mental and moral changes. These changes and the great strain upon the entire system require careful consideration at this time, and unless perfectly healthy conditions exist, disease invariably arises.

Many a woman dates all her ailments from pregnancy and confinement, it being probable that she was previously a victim of non-development, or nervous weakness.

The ceasing of menstruation is one of the first marked symptoms of pregnancy, although not all suppression of the menstrual flow is due to this condition. The blood usually lost at the menstrual period is retained in the pregnant woman to sustain this new life, and even after confinement all blood is needed for a time to furnish the milk upon which the babe is to live during its first year.

The period of pregnancy continues for nine calendar months, or about two hundred and seventy-five days, or forty weeks. This, however, varies with the individual. A period of gestation in a perfectly healthy woman may be prolonged several weeks. On the other hand, there may be premature births. Frequently children born at seven months have lived and been perfectly healthy, and seven-months children are not infrequent in the first pregnancies. To reckon the exact date of confinement is therefore difficult, but as a usual rule a pregnant woman may count back three months from the date when the last menstruation appeared, and by adding seven to the day of the month she will arrive at a probable date of confinement under normal conditions. For instance, if the menses last appeared the 12th of March, counting back three months would make it December the 12th, and adding seven days would make delivery about the 19th of December. Should one become pregnant while nursing, and therefore have no date of period from which to count, the count must be made from the time of quickening, which usually occurs at about one hundred and twenty-four days, leaving about one hundred and fifty-six to complete the period of the pregnancy.

Quickening or evidence of life varies in different individuals and conditions. In some the symptoms may not be present at all, in others it is a mere fluttering, and in others a decided action. Quickening is usually felt first at the fourth or fifth month and is more marked each succeeding month, and is one of the decided signs of pregnancy, although there are cases where movement and

bloating, seemingly due to pregnancy, were really due to abnormal conditions. Sometimes a tumorous condition is mistaken for pregnancy, and sometimes the reverse is true.

During the first few months of pregnancy the womb remains in the pelvic cavity, and there are frequently distressing symptoms owing to pressure and irritation from the gravid uterus. The next common symptom is the morning sickness or nausea. During the fourth month the womb gradually ascends into the false or upper pelvis, and this distressing symptom is relieved. It is after this time that the quickening is felt, the uterus and fœtus having more room in which to expand, and the child developing rapidly.

As mentioned, the first sign of pregnancy is usually the suppression of the menses, and as conception is likely to occur just before or just after the period, time is usually reckoned from its last occurrence. In abnormal conditions the menses may continue to appear for some time after conception, and in occasional instances may continue throughout the period. Such a condition, however, should have the early attention of a physician.

The next and most common symptom is the morning sickness, and the third is the throbbing pain and enlargement in the breasts and the discoloration of the nipples.

A pregnancy is normal when the impregnated ovum develops in the womb. It is abnormal when the impregnation takes place outside the womb, and is known as "extra-uterine pregnancy." This, however, is not common and does not take place under healthy, normal conditions. Such instances are very rare, yet it is advisable to consult a physician early in the period of gestation to know that normal conditions do exist. Other examinations from time to time will determine the conditions likely to be present at confinement. An abnormal pregnancy, of course, is something outside of natural lines and requires special and thorough attention.

Pregnancy may be complicated by the presence of a tumor, dropsical conditions, or other abnormalities.

Many however, who have suffered with a tumor, and who have become pregnant, have, through using Vimedia, given birth to perfectly healthy, normal children, and have discharged, or through the process of absorption have eliminated, the tumors afterward. Flatulence is sometimes mistaken by a young wife for pregnancy; there are however, marked distinctions between the two. In flatulence or distention of the abdomen with air or gas the parts are large one hour and small the next, while in pregnancy the enlargement is persistent and gradually increased day by day; in flatulence a rumbling may be heard upon pressing the bowels firmly, while the enlargement of the womb in pregnancy is solid, resistent, and stationary.

Pregnancy means for the mother the nourishment of two lives, hence the wonderful abundance of blood supplied in the uterine organs. Slowly the ovum evolves from the most minute particle, invisible to the naked eye, to a living, breathing child. During this time its growth depends upon the proper nourishment, circulation, repair, and waste of the mother's body, and this is a matter that requires her special attention. Often diseased conditions exist which interfere with the proper circulation of the blood, and natural means should be used to remove the diseased conditions as speedily as possible. Frequently the nervous system, and consequently the nourishing system and the repairing system of the body, is very much run down, and a special feeding and building process should be employed to bring the body and its functions up to par, so that the little life may be endowed with physical perfection and not physical imperfections. This is a matter very largely under the control of the mother at this time, and is one that should receive her most careful attention; for many physical weaknesses with which children frequently suffer can be traced to neglected diseased conditions under which the mother labored.

As her body must sustain the life of two, more nourishment than usual is required; hence a pregnant woman should have a plain and nourishing diet. All highly

spiced, rich, greasy, and indigestible foods should be avoided. During the early months the appetite is often fickle, and sometimes there is a craving for an entirely unnatural diet. Where it is not harmful the appetite may be indulged, but where injurious, self-control should be brought into play.

Fruits, vegetables, pure milk, and water should be used freely, and some meat, if one has been accustomed to a meat diet. The old custom of leaving off meat to render the child's bones soft is not good for the child. One does not want a weakling, but a strong, healthy babe, and with hygienic living and upbuilding under Vimedia the confinement will be rendered easy anyway, while the child will be endowed with physical strength. Under the right conditions, the appetite will adjust itself and the craving for unnatural articles entirely disappear.

There is great strain on the nervous system during this period of gestation, and a woman may become more or less irritable and seemingly unreasonable. At this time she should have the greatest possible care and sympathetic attention, for her mental outlook is very likely to tell upon the child. If she frets and worries, it tells upon her digestion, and this in turn affects the blood, causing poisonous matters to become secreted that prove harmful to herself and child. Shocks of all nature should be avoided, and fear of danger at confinement should be thrown off. Nature does her work well, if she is given the right kind of assistance, and, with hygienic living and the proper aid as found in Vimedia, she will render this function entirely normal.

During this period the comfort and happiness of the wife should be considered first, last, and always. Allowances should be made for the high nervous tension under which she labors and the many mental troubles that are likely to arise. Everything that is burdensome or disagreeable should be removed and everything bright, cheerful, wholesome, and hopeful should be encouraged, and living under natural hygienic laws should be closely observed. The bringing of another soul into the world is a serious matter and should call forth all the chivalry and

manhood of the husband as well as the intelligent, thankful, and careful preparation of the wife. Great obligations are assumed and great care should be exercised to perform them in the best manner possible.

As pregnancy advances, there is more or less pressure upon other organs of the body and frequently an increase of nervousness. Pains in the limbs and hips are often experienced, due entirely to pressure, which may not be entirely relieved until after confinement, although these pains are greatly alleviated through the use of the VIMEDIA CERATE. Frequently there is much swelling and bloating of the limbs.

It was intended by Nature that child-bearing should be a normal, painless function, and the Vimedia treatment, being an aid to Nature, rights most abnormal conditions when present and goes far to insure a woman of a safe and easy delivery of a bright, healthy, and well-formed babe.

Vimedia revives and builds up the weakened nervous system, so that the many distressing symptoms commonly found are relieved or alleviated, and the mother does not reach confinement on the verge of nervous prostration, but feeling strong and well and able to stand the crisis that is at hand. Vimedia purifies and enriches the blood, so that all waste is readily carried out and none remains to poison the system and make complications at confinement. Its use means that both mother and child will be nourished and strengthened to the highest degree. Being perfectly harmless and so guaranteed by its makers under the pure food and drug laws, the treatment is used extensively among women at this critical time and with entirely satisfactory results.

Vimedia, by strengthening and building up the nervous and muscular systems of the body, gives tone to the mental outlook, relieving worry, distress, and fear, and thus not only assures the mother of her own physical and mental comfort, but of the future sound mentality of her child.

Vimedia, through the blood, gives tone, strength, and great expansive power and elasticity to the tissues of the

uterus, so that confinement becomes safe and easy and after confinement the parts assume a normal condition. This prevents hard, long labor, instrumental delivery, laceration, subinvolution, displacements, and flabby, relaxed, and enlarged abdomen, which so often result when diseased conditions are present, or where the nerve-cells and tissues have not received special upbuilding during the period of gestation.

The Vimedia treatment should be used faithfully throughout the period of gestation, being almost a specific for any nervous weakness, congestion and inflammation that may be present. While under the faithful use of Vimedia entirely normal conditions should be established to render parturition safe and easy without resort to instruments, still at the crisis only a skilled physician is able to cope with the complications that may arise, and which are utterly beyond human power to foretell. The manner of presentation of the child for expulsion from the womb may require the highest obstetrical skill on the part of the attending physician.

The placenta or after-birth nourishes the fœtus during the period of pregnancy and this is expelled after confinement. It is attached to the uterine walls on the maternal side and attached to the child by the umbilical cord, which contains arteries and veins to carry nourishment from the placenta to the child. In health, the placenta becomes loosened just before delivery, through a process of fatty degeneration in the membrane connecting it with the womb, and this placenta is discharged later. Under unhealthy conditions this process does not take place, and the after-birth has to be removed forcibly. This is painful and dangerous, for the least uncleanliness tolerated at this time may result in septicemia or blood-poison, as bits of placenta may be retained, and there is always danger of hemorrhage.

At confinement the muscular fibers of the womb contract to expel the contents of the womb and its mouth relaxes, under normal conditions, and the contents of the uterus are expelled; but where diseased conditions exist the mouth becomes hard and unyielding and this causes

great difficulty and pain in labor, and possibly the use of instruments for delivery. This condition usually results in lacerations of the mouth or cervix and may even result in external lacerations. (See chapter on "Lacerations.") Also, if the abdominal tissues are rigid and unyielding, there is likely to be more or less rupture of these parts, and such loss of tone of the abdominal walls that they will not become entirely normal again, but remain more or less enlarged and flabby.

Where diseased conditions have existed prior to gestation the Vimedia treatment should be used most persistently, not only to rid the parts of the diseased conditions, but to give tone and strength to the uterine organs, so that a normal confinement may take place. Where diseased ovaries have existed, the rest from the irritation attending menstruation and the persistent use of the Vimedia treatment will overcome the trouble. This is also true where adhesions have formed in the pelvic cavity; these, being composed of low-grade tissue, are gradually absorbed by the stimulated circulation and carried out through the organs of elimination.

Where formerly during gestation a woman suffered from nausea, leukorrhea, inflammation of the bladder, dropsy, pruritus, varicose veins, great mental distress, and melancholia, all these conditions have been prevented through the use of Vimedia, begun in the early stages of gestation and used throughout the term. Childbearing should be a normal, painless function of the body and is rendered as near that as possible through the use of this natural treatment, which is entirely free from harmful preparations.

A safe and easy delivery means much, and a bright, healthy, smiling babe means more—the sunshine of the home—but, in addition to all this, the use of Vimedia means the prevention of the many troubles that commonly afflict women and which they so often date from confinement. Thus, the use of the treatment during the period of gestation is a real economy.

During gestation all clothing should be loose and should be suspended from the shoulders by means of a waist, rather than by bands around the body, which in-

terfere more or less with the proper circulation of the blood. No greater mistake could be made than to wear tight clothing or tight corsets during this period, for it not only prevents the proper expansion of the organs so necessary to easy confinement, but often results in crippled and weakly children. If there is great weight and weakness in the abdomen during the latter part of the period, it may be supported by an abdominal bandage.

Plenty of rest is imperative, and a pregnant woman should make it a rule to lie down for an hour every forenoon and every afternoon as well. The whole body should be relaxed, the mind composed, the room kept quiet and dark, and, if possible, one should sleep.

Heavy sweeping, lifting, stretching, and much running of the sewing machine are things to avoid. Light exercise should be taken in the open air, the most desirable of which is the daily walk, and this, with the ordinary household duties, gives plenty of the right kind of exercise. At no time, however, should the pregnant woman overexert herself to the point of fatigue. Sunshine, plenty of fresh air at all times, bright, cheerful company, and pleasant surroundings are essentials.

The hot bath should be employed two or three times weekly, and the cold sponge bath, if one has been accustomed to it, should be continued in the morning. If the cold bath has not been used habitually, the entire body should be rubbed vigorously each morning with a coarse towel or with a flesh-brush to stimulate the general circulation and give tone to the muscular and nervous systems.

Vimedia Capsules should be used, one nightly, up to within a few days of confinement, and their use should be resumed about ten days after delivery or after all cessation of the flow. During the first four months of pregnancy the douche may be continued. This, however, should be used without any force whatever, and always in a reclining position. During the remainder of gestation the parts should be flushed regularly with the hand for the purpose of cleanliness. The water should be warm, not hot.

Vimedia Cerate should be applied most faithfully twice daily over the entire abdomen, the hips, and the

floor of the pelvis. Once daily it should be applied the entire length of the spine by an assistant.

VIMEDIA LIQUID should be used as per directions.

VIMEDIA SUPPOSITORIES should be used if there is any rectal trouble.

VIMEDIA LAXATIVES should be used where there is constipation. Constipation is often a factor, arising in part from the pressure of the enlarged uterus, and the use of the VIMEDIA LAXATIVES will be found very helpful in this condition. For digestive disturbances and torpid liver nothing is better than the use of the VIMEDIA TABLETS.

The cold sitz bath will usually be found very helpful, giving tone and strength to the uterine organs.

The care of the patient during the hours of labor is properly left in the hands of the attending nurse and physician; others should be excluded, since the patient needs all the fresh air and quiet and comfort she can obtain. These also give careful attention to the child during the first few days; hence, special instructions are not necessary here. The use upon the child of the VIMEDIA CERATE, slightly diluted with olive oil, is often found helpful during the first few months, if the child does not seem to thrive as it should. Other special measures will be suggested by the Hygienic Department upon request.

LACTATION.

The nursing of the child is of vital importance. Nothing affords so much nourishment as the milk of the mother under natural conditions, but where diseased conditions or abnormalities exist this sometimes becomes poisonous to the child; hence, every effort should be made to see that the circulation and nutrition of the body are properly established, that the milk may be readily secreted and the breasts be in a condition to perform their function. During the first hours after confinement there is no milk secreted, but a fluid which is Nature's laxative for the child to cleanse and purify its intestinal tract and make it ready for the nourishment that is to be obtained soon after from the milk.

Inflammation of the breast is a common symptom just before confinement and after delivery and this should have special attention beforehand. The breast should be softened and relaxed through the application of the VIMEDIA CERATE, and the nipple should be made firm through the use of the VIMEDIA LIQUID applied locally, while the mother's circulation and nutrition should be built up along the general lines previously suggested.

Inflammation of the breast may be external or internal. External inflammation begins in the tissues of the outer structure of the breast, much in the nature of erysipelas, and extends inward throughout all the structure of the breast, producing caking. This is often caused by bruises, cold, or fright. Internal inflammation begins with the milk-ducts, but involves the whole structure of the breast just the same. This may cause the ducts to become so swollen that the milk cannot be discharged, and active steps should be taken to draw the milk. A competent nurse or physician in attendance will advise the best way to do this. The VIMEDIA CERATE should be used freely to help allay the inflammation locally, but should be used in the form of a plaster, and the breast should not be rubbed. The entire area of the chest and under the arms may be thoroughly massaged with the cerate, if the inflammation seems to extend that far.

The nursing of her own child is one of the most exquisite delights of motherhood and binds with even stronger bands the great mother love. It is the most natural thing in life, and the breast-fed child has always a greater store of vitality. But, aside from these points, nursing the child has an effect upon the physical recuperation of the mother after confinement. It is a natural stimulus to the process of retraction of the uterus, meaning the return of that organ to a normal size and condition much sooner because of the tonic contraction set up, which helps rid the uterus of all débris and discharges which, if retained, would tend to poison the system.

One reason why inflammation and fevers are to be dreaded in miscarriage is, that the child cannot be put to the breast to secure the proper uterine contraction; this contraction is the first step towards the normal involution

of the uterus, and if it is not taken, of course there is no decrease in the size, weight, and form of this organ and it becomes subject to disease. The walls of the uterus remain enlarged, the lining membrane congested and inflamed, and this means chronic diseased conditions, menstrual hemorrhage, displacements, and leukorrhea.

Where the child is not nursed, the menses usually return before the uterine organs have become entirely normal, and this great drain leaves them in a weakened or diseased condition; or frequently conception takes place again before the mother is in any condition whatever to take up again the function of child-bearing.

There are cases, however, where it is injurious to both mother and child for it to nurse, such as when the mother's strength is insufficient to permit of this, when the menses have been re-established, or when another gestation has begun. If nursing is persisted in, this is practically burning the candle at both ends, and a woman's strength will not hold out long, nor will the child be nourished properly.

Under the Vimedia natural system of treatment such a great upbuilding of the nervous system and the whole body is accomplished that the mother is enabled to nurse the child and both thrive accordingly. The treatment is not only good for the mother, but for the babe. Personal advice will be given in any special case upon request to the Hygienic Department.

A pregnant woman is often at a disadvantage in the struggle of the teeth against decay or breaking down of the bone, as the production of secondary dentine, which normally fills the canals of the teeth and serves the pulp as a barrier against decay, is diminished. Among the local causes of this are a changed composition of the saliva and acid regurgitations from the stomach. The general causes are (1) disorders of the digestion, or of the urinary or biliary apparatus, this last giving rise to a form of self-intoxication, (2) a heightened impressibility of the nervous system, giving rise to neuralgia of the teeth. In addition to the use of Vimedia, it is often advisable that phosphate of lime or lime water be taken in very small quantities under the direction of a physician during the term.

CHAPTER XXIII.

MISCARRIAGE AND STERILITY.

A MISCARRIAGE occurs in direct violation of Nature's laws, hence harmful results are sure to follow. A miscarriage during the first three months of pregnancy is called an "abortion." Although no life may have been felt, a miscarriage through intentional means brought about other than at the hands of a conscientious skilled physician, after his consultation with another competent physician, to actually save the mother's life, is none the less criminal. The laws of the country recognize this fact and punish the offenders when convicted; the laws of Nature punish always.

With a majority of women a miscarriage prior to the third month is too frequently considered a matter of little importance, yet thousands and thousands of cases of physical wreckage can be traced to this one event. From the moment of conception wonderful changes begin to take place in the whole system. It is not possible to bring these changes to an abrupt close without the body suffering in consequence. A miscarriage is a terrible and brutal blow at the very center of the whole apparatus of generation. The heart has been roused to double duty; the digestive organs have changed their routine to favor the growing life; the movement and very quality of the blood is different from the usual; the thought-power and nerve-force are all being directed into new channels—and all for the sake of a new life. There comes a sudden check to all these functions, and it is not strange that the readjustment of them is brought about only at grave expense for the mother.

A miscarriage means the premature tearing away of the fœtus from the walls of the uterus, and this sometimes produces fatal hemorrhages. Of course, the ovaries and the nervous, circulatory and nutritive systems all suffer in

consequence of a sudden reversal of natural law, and many a woman treating for a long train of nervous, digestive, or uterine disorders can, by careful analysis, trace back the trouble to the time of miscarriage. Nothing is more aging to a woman than the miscarriage habit; it means the breaking into a great plan in mid-operation, a plan in which every force of body, mind, heart, and soul are wrought up to an energy whose climax is not due for some months, and body and soul cannot but suffer.

Miscarriage, however, frequently occurs through accidental causes, and to such women as have suffered this trouble or are likely to suffer this trouble the Vimedia treatment holds out a helping hand, having proven of value in thousands of cases, even where habitual miscarriage had been established.

Various causes tend to produce miscarriage—sometimes from without, more frequently from within. As a usual thing, accidental miscarriage is brought about by too great muscular exercise at a time when the body is not in the best of conditions to carry out the period of gestation. Stretching or reaching, running the sewing machine, too great physical fatigue from housework, journeys, long walks, carrying heavy weights, climbing stairs, etc., may be productive of this trouble. No two are exactly alike in this, however; that which is likely to produce a miscarriage in one can be performed with safety by another. Sometimes a woman who is fairly well and strong will miscarry upon the slightest shock, fright, or display of passionate anger. Again, one who is more or less weakened through diseased conditions may pass through these ordeals safely, only to finally miscarry on account of the body's inability to carry out the great plan of work laid upon it.

Nature, however, throws every safeguard possible about the pregnant woman. In the majority, a great deal of muscular activity can be indulged in without harmful results. As the changes take place in the body necessary to nourish a second life the resisting powers of the body improve, and thus most are able to carry out safely the entire period of gestation.

Where, however, the resisting powers of the body are weakened by disease or other conditions, and the nervous system responds with more or less difficulty to the great strain put upon it; where the slightest excitement, mental or physical, seems to entail distress upon the body, then special efforts should be used to give Nature the substantial upbuilding she so sorely needs at this time; for this nothing is better than the use of the Vimedia home treatment, comprising wholesome preparations wholly free from opiates and narcotics.

Of course, in diseased conditions the liability to miscarriage is much greater. Hence, it behooves every woman to see that her body is placed in the best possible condition during pregnancy. If inflammation, ulceration, or leukorrhea exist, active steps should be used to remove the underlying cause of the trouble. If there is congestion of the uterus so severe as to cause a weakening of its tissues, this will prevent its expansion, and the fœtus will necessarily be expelled prematurely.

When one miscarriage has occurred through weakness or disease another is more liable to occur at the same time in the following gestations, Nature having formed a habit, as it were, although it is against all physical law. One miscarriage should put a woman on guard against a second, and at or near the time of the former miscarriage she should remain quiet and off her feet until the danger period is passed. Any indication of a flow with pain should receive the attention of a physician. She should indulge in no vigorous exercise of any kind, but should seek plenty of fresh air and sunshine at all times. She should not allow herself to become excited, mentally distressed, or worried, and should take care not to overheat the body in any way, and to live as quietly as possible throughout the entire period of gestation.

Any displacement of the womb tends to make miscarriage more likely, since a displacement means more or less congestion, which prevents the expansion of the uterine walls, and since the ligaments are too weak to help lift up the uterus into the false pelvis.

A miscarriage, a direct violation of Nature's laws,

means a weakening of the whole physical being of a woman and should be a matter of grave and careful consideration. Where it has occurred in spite of all precautions, a regular lying-in period should be observed, since the strain on the whole body has been as great as though a full confinement were accomplished. Rest, care, and quiet should be most carefully observed, and then the body built up as rapidly as possible that this misfortune may not occur again.

The Vimedia treatment proves most beneficial in these conditions, since it relieves congestion and inflammation wherever located, and through the blood revives and builds up every nerve-cell, and tissue in the body until the whole functionates normally, without weakness or pain. Its use through pregnancy is true economy, whether miscarriage is apprehended or not; but if one or more miscarriages have previously been sustained, the use of the treatment will prevent any re-occurrence of the condition. Thousands of women who have gone down into the shadow of death more than once through this unfortunate tendency to miscarry, have been made well and strong, so that gestation was robbed of its terrors and confinement of its suffering, and their hearts' desires have been realized in the bright, healthy, happy babies they have been enabled to bear through the use of this natural system of home treatment. To such Vimedia has proven worth many times its weight in gold.

Those whose conditions seem so complicated as to be beyond the reach of help are invited to correspond with the Hygienic Department. If such conditions are amenable to treatment—and they frequently are, in spite of previous adverse verdicts by physicians and specialists—the Vimedia system of treatment will bring results.

Vimedia Capsules are to be used in threatened miscarriage, but in the rectum instead of the vagina, one nightly, and no douches are to be used.

Vimedia Cerate should be used twice daily over the spine, applied by an assistant, and once daily over the abdomen, in the form of a cerate plaster. The abdomen is not to be massaged.

VIMEDIA SOVEREIGN TONIC should be used in half-doses.

VIMEDIA LIQUID should be used in half-doses the first few weeks, then as ordinarily directed.

VIMEDIA TABLETS should be taken after meals if there is weakness of the digestion or inactivity of the liver.

VIMEDIA LAXATIVES should be used when needed. Purging is to be avoided, but the VIMEDIA LAXATIVES are mild in their action and may be used with safety. Fresh fruit, plenty of water, and care in diet will also help in procuring a normal daily movement.

STERILITY OR BARRENNESS.

Sterility means "inability to conceive." This is a common condition in women suffering from the diseases peculiar to their sex, and is the cause of many a wrecked life and broken home.

Parental instinct is strong in both men and women, and those who do not long for the music of children's voices in the home suffer from some abnormal conditions. Such a longing is a part of the heaven-given instinct of creation, to which all Nature responds.

The presence of children in the home brightens the heart, broadens the outlook, increases the responsibility, develops the latent powers of both father and mother, and makes nobler men and women. Children are a preventative of old age, since in them parents constantly renew their youth.

Every normal wife desires children, but through diseased conditions she is often unable to conceive, and this to her sensitive consciousness becomes a matter of deep sorrow, if not of reproach. There is something lacking in her whole life which nothing material can supply. The all-around fineness, nobility, and perfection of womanhood are only brought forth in the flower of mother love. All her life the barren wife suffers from the want unfulfilled.

Sterility in women is due to many causes; the most common is non-development at puberty through carelessness or ignorance. Every young girl should be fully in-

structed in the wonderful changes that take place at that time, not only for her own immediate physical welfare and comfort, but that in future years she may not suffer from her inability to bear the bright blossoms of perfect wedded love.

Leukorrhea is another common cause of sterility. Many women neglect this symptom, not realizing that it points to grave conditions, and that the very nature of the leukorrheal discharge is often such as to destroy the ovum and prevent conception.

The common methods used for treating the diseases of women are other frequent factors in sterility. A uterus out of position is not likely to become the cradle of life, and yet many an operation is for the sole purpose of binding this organ in an abnormal position in the attempt to correct a displacement.

Diseases of the ovary often prevent full development of the ovum or seed and its final germination. Diseases of the Fallopian tubes may cause a complete obstruction of their passageway, or create such an acid secretion as to prevent germination. The distressing condition known as "tubal pregnancy" results from diseased conditions of the tubes, which prevent passage of the ovum to the womb. Nervous disorders are common factors in producing sterility, together with general debility and weakness. Adhesions, binding the organs down in abnormal position, are often a cause of sterility.

Chronic inflammation, enlargement, and congestion are frequent causes, and the thickening of the lining from various reasons, including curettements, is another common source of the trouble.

Leukorrhea is the most common cause of all. Women who seemed perfectly healthy in every way and could not find a cause for their sterility have gone through life without realizing their heart's desire, simply because the little leukorrheal secretions they thought of no moment contained enough acidity to destroy the male germ. Sometimes the acidity is merely of the vaginal passages and yields readily to the use of the VIMEDIA CAPSULE locally. Again, the trouble is more deep-seated and be-

comes a matter of constitutional treatment, in which case the VIMEDIA CERATE and LIQUID should also be used.

No woman who is suffering from diseased conditions need give up hope if she will place herself under the Vimedia treatment and use it faithfully for a reasonable length of time. Every woman seemingly perfectly healthy, but unable to conceive, should, by all means, give the treatment a thorough trial, for it is perfectly harmless, and, being a natural system of treatment, assists Nature to restore entirely normal conditions and by so doing removes causes often obscure, but heretofore a factor in sterility. If the abnormal conditions are not in the structure of the uterine organs, but in their functions, Vimedia most directly reaches and removes the cause, and many women pronounced hopelessly barren under ordinary methods of treatment have become so normal under Vimedia as to bear strong, healthy, happy children.

To every sterile woman who has given up hope of the happiness of motherhood we advise correspondence with the Hygienic Department, where information will be given fully and freely regarding the individual problem.

Vimedia is to be used in the forms outlined in the chapter on "Miscarriage."

CHAPTER XXIV.

LACERATIONS.

LACERATIONS are the underlying cause of three-fifths of uterine troubles that afflict women who have borne children. A tear of the mouth of the uterus at confinement may seem a slight affair, but, unless repaired within a few months, it is sure to lead to more serious troubles later on. To this condition, often causing subinvolution or failure of the womb to reduce in size after confinement, may be traced the majority of ills from which married women commonly suffer and the reason why so many date all their ailments from childbirth. A tear of this nature sets up irritations and a long train of reflex symptoms, which are very distressing. Not infrequently a woman will for years treat, with the physician who confined her, for the diseases common to her sex, and will find, upon consultation and examination with another physician, that the real cause of her trouble is a laceration, which the former physician neglected to recognize or to admit.

The most common symptoms in laceration are increased weight of the uterus, and therefore displacements, uterine leukorrhea, intra-pelvic pain and distress, and inability to be much on one's feet. In some cases there is a neuralgia of the entire parts and headache, lassitude, melancholy, and a more or less hopeless invalidism are almost invariably present in chronic cases.

In these conditions too frequently an effort is made to restore the womb to a normal position, either by artificial supporters or by stitching the uterus in an abnormal position. Artificial supporters but aggravate the tear or injury, and the consequent irritation set up often paves the way for malignant troubles.

There are two forms of laceration: the external, a tearing of the perineum; and the internal, a tearing of

the mouth or neck of the womb. The latter, known as the "internal" or "cervical laceration," is the one now under discussion.

In normal conditions, on examination with the finger the mouth of the womb seems to be a minute dent. Where a serious laceration exists, this may be enlarged to an opening in which the end of the finger can be inserted. The most common form of laceration is a single slit in the mouth of the womb, the same as would be sustained in the mouth of the face, if for any reason an injury was severe enough to cause a tear of that organ. There are, however, other forms where the tear is made in more than one direction, or where there is a multiple of tears.

The neck of the womb is controlled by muscular rings or bands, which permit of the opening outward of the neck to a very great extent. In healthy, normal conditions at confinement these bands gradually distend until the passageway, which before would not admit the end of the little finger, permits the passage of the child's head and body; where diseased conditions have existed, these parts are so hard and unyielding that frequently instrumental delivery is absolutely necessary, and this forcible dilatation invariably results in lacerations. In instrumental delivery we frequently have the multiple laceration, where the tears are numerous and extend in various directions.

If instead of being hard and unyielding, the tissues of the womb are flabby and inelastic through disease, the same condition results, although the tears are not likely to be so severe or so numerous. The torn edges roll outward, much like the bottom of a torn celery stalk, and the discharges often prove very irritating, so that chronic inflammation of the parts results. Instead of the womb gradually reducing or involving, as it should after confinement, to a weight of three or four ounces, it remains congested, enlarged, and consequently displaced—a state known as "subinvolution."

It is popularly supposed that only the birth of a large child will cause laceration, or that it results from a faulty

handling by the attending physician, but such is not always the case. The general physical condition of the mother, as we have pointed out, has more influence than does the size of the child, for there are many cases of laceration recorded which occurred during an abortion, when the child was too small and undeveloped to have had any such effect. On the other hand, very large children have been born without the slightest laceration. If the mother is in good physical condition at the time of labor, the uterine contractions press the child downward, gradually expanding the mouth of the womb until the opening is sufficiently large to permit its expulsion. Where, however, the mother's physical condition is below par, or where there is an unnatural presentation of the child, there is very liable to be either an internal or external laceration, or both, and the attending physician is in no way to blame.

The manner of the child's presentation can be largely controlled if taken in time, hence the value of frequent examinations by a physician during the period of gestation and of his early attendance at the beginning of labor. Many lacerations are caused by dilatations of the womb.

Slight lacerations, if the blood is in good condition and other things are normal, are easily healed by "first intention"—an immediate union of the torn edges, the same as in a cut on the finger. Where the tear is of sufficient depth to make a gap so that the edges do not come together, this may be overcome by stitches taken two or three months after confinement to bring them together, when the general involution or reduction in size of the womb after confinement will hasten the knitting together of the edges of the tear.

Where this condition is neglected, Nature deposits an accumulation of mucus in the wound, following the great loss of blood, and this deposit hardens and fills the wound and produces what is known as "scar tissue." This hard and unyielding tissue, by its pressure upon delicate nerves, induces local inflammation and adds to the general congestion. Moreover, the pressure on the delicate nerves causes distressing reflex symptoms, nervousness being always present in chronic lacerations. The

continued congestion produces a hardening of the uterus which remains enlarged and displaced. Frequently the uterus is four or five times its natural size.

In belated operations for laceration the scar tissue is pared away with a knife and the torn parts are stitched together. This, however, is an ineffectual method, since there is chronic congestion, which is not corrected by the operation. Consequently the uterus remains enlarged and displaced, and the long train of ills still follows. Not only this, but part of the cervix or mouth of the uterus is also cut away in an operation, thereby lessening its size, without increasing its elasticity, and at subsequent confinements the tear becomes even more extensive or fresh tears occur. In the first place the condition arose because the neck of the uterus was too unyielding to permit of a free passage or too soft to give the usual elasticity. Following an operation the condition for the opening of the passage has not improved, and necessarily further injuries follow.

The raw membrane left exposed after the knife has pared away the scar tissue often becomes very much aggravated by the uterine discharges and by the friction of the parts due to displacements, and this tends to produce ulceration and leads to malignant troubles. Cancerous cases are very rare in unmarried women; they are quite frequent in married women who have sustained operations or had instrumental deliveries, developing particularly at or after the change of life.

The Vimedia treatment should be used during gestation to establish normal, healthy tissue in the uterus, to give the muscles the greatest possible contractile and expansive power, and to tone the whole of the pelvic organs. Its use during this period goes far towards insuring a safe and easy delivery and preventing lacerations and other serious results following confinement.

Where the treatment has not been employed and a laceration has not been prevented, the use of Vimedia will bring about marked benefits and aid in establishing normal conditions. First, the scar tissue, being of a low-grade formation, is absorbed and carried out, new and healthy

tissue is established, and gradually, as the womb reduces in size, the edges of the tear are brought closer together, so that they gradually knit together. The operation of paring away old scar-tissue with a knife and stitching the edges of the tear together is not rational and cannot be successful when a necessary step to the cure—the removal of the uterine congestion—is neglected or failed in.

The stagnant blood must be forced on and new blood brought to the parts and made to circulate freely; this is accomplished through the strengthening of the nervous system and the circulation. (See chapters on these subjects.) As the congestion is lessened the enlargement necessarily decreases, and as the womb becomes four or five times as small the tear in proportion also becomes smaller. The absorption of the abnormal or scar-tissue releases thousands of delicate nerves from pressure, and as new blood is made to circulate freely through the parts new and natural cell tissue is formed at the point of injury, and gradually the parts knit together. Thus is the process of cure complete. It is the same, sane, and logical method of reaching and removing the trouble.

Note, however, that the whole body is involved in this repair of a laceration. The nervous system must be built up and strengthened, since it controls the blood-supply and functionating power of the uterine organs and of every organ of the body.

Through the reviving and building of the nerves controlling the blood-vessels in the uterine organs, these are made to contract and expand naturally and to force on the congested blood which is causing an engorgement of the vessels and a consequent enlargement of the organ. When this is done and pure blood made to circulate freely, the most important step towards correction has been taken; the other curative changes follow as a logical sequence.

Thus lacerations, the most common causes of suffering in women who have borne children, are overcome, and a woman comes to feel as though she had a new lease on life, and is indeed a new woman.

With the removal of the cause, the most distressing

symptom, the extreme nervousness is naturally overcome, and with sound nerves a new outlook upon life is obtained. One is no longer worried, distressed, and melancholy, but with renewed health and a brighter outlook everything has a new interest, and a woman grows younger in physical and mental appearance. There is nothing so aging as diseased conditions, nothing so invigorating as perfect health.

An "external laceration" means a tear of the perineum, and, where not extensive, the use of the Vimedia treatment gives strength and tone and elasticity to the tissues until the parts become normal; where an external laceration is so extensive that the entire floor of the pelvis is ruptured and the pelvic organs completely prolapsed, the use of the Vimedia treatment will give tone and strength to the tissues, so that an operation to hold the parts together by means of stitches will be successful. This by no means establishes a cure, however. An external laceration means more or less pelvic congestion, inflammation, and displacement of the organs; hence the same process of removing disease and building up the general health must be gone through with, as in internal laceration.

In external laceration the injury is at times so extensive as to involve the sphincter muscles of the anus, rupturing them, and sometimes there is rectocele and cystocele accompanying this injury. The wisest course is the use of Vimedia during gestation to prevent all lacerations, but where the treatment has been unknown and the laceration does exist, the next best thing is the faithful use of the remedies a reasonable length of time; for, being a natural system of treatment, based on logical laws, they will accomplish all that can be accomplished in restoring normal conditions.

Vimedia gives tone and strength and elasticity to the tissues where external laceration exists and by overcoming the internal disorders re-establishes normal conditions as far as possible. Frequently stitches are not necessary after its use, but if found necessary, the use of the treatment will insure the stitches holding and not tearing out,

as so often occurs with inflamed, weakened, and diseased tissues.

VIMEDIA CAPSULES are to be used in the vagina, one nightly, after a douche of warm water to cleanse the parts. Special directions for the individual douche will be given upon application to the Hygienic Department

VIMEDIA CERATE is to be applied over the spine and abdomen, as in other cases, also over the entire floor of the pelvis, where external laceration exists.

VIMEDIA LIQUID should be taken as directed.

VIMEDIA SOVEREIGN TONIC should be used where great weakness or a general run-down condition exists.

VIMEDIA TABLETS should be taken after meals if digestion is weak and liver inactive.

VIMEDIA LAXATIVES should be used if there is constipation.

Any other forms necessary in the individual condition will be advised upon consultation with the Hygienic Department; also such special hygienic aids as experience has shown to be helpful. As every condition has more or less individual characteristics, it is advisable to keep in touch with the Hygienic Department, which is maintained for free consultation and the advice of patrons.

CHAPTER XXV.

THE MENOPAUSE, OR CHANGE OF LIFE.

THE MENOPAUSE (cessation of menstruation, or "change of life," as it is commonly called), is the last great functional crisis in a woman's life. It is easily and safely passed under normal conditions, but where weakness and disease have been neglected for years, in the hope that the change would right all things, then this period proves a serious one indeed, more so than any other functional event in a woman's life.

At the change there is a complete reorganization of the body, as marked and wonderful as that of puberty. At puberty the body develops strength enough to produce an extra blood-supply for the creation of a new life, and when gestation is not going on the surplus blood is carried out by the process known as "menstruation." The second great change is just the reverse of this one. The ovaries cease to produce the ova or seeds, the child-bearing period is ended, and there is no further need for an extra blood-supply. Not only must the body be readjusted to the great change in the nervous system and circulation incident to ceasing the production of this extra blood, but marked changes take place in the organs themselves. The ovaries cease to functionate and lessen in size, the menstrual flow ceases, and the nervous tension attending that function is suspended. The uterus itself becomes smaller until it assumes the shape and position it maintained in childhood.

The menopause is a gradual and complete change under normal conditions, and not an abrupt change. The seed becomes less and less perfect and ripens at longer intervals, and along with this condition the surplus blood-supply becomes less and less until it gradually disappears. In the meantime the readjustment of the body to the lessening function of the nervous system and the blood-

supply is felt over the entire system. There may be sudden changes in temperature, hot flushes, dizziness, tingling and numbness of the extremities, sudden outbreaks of perspiration, chilliness, nervous irritability, palpitation, etc. These symptoms, arising from the changes in the circulation, are experienced to a greater or less degree even by those in the best of health, but when diseased conditions exist, then these are aggravated and new ones arise.

Thus it is at or near the change that there are often found developing tumorous conditions, which may or may not prove malignant; hemorrhages, eruptive and nervous disorders, mental disturbances, and even insanity. Through the monthly discharge a purification of the system occurs; when this discharge ceases abruptly, before the body has had time to readjust itself in the work of carrying these impurities out through other channels, their retention gives rise to serious conditions; hence those who have submitted to a removal of the ovaries, thus bringing about an abrupt stoppage of menstruation, find the change a serious crisis indeed.

Instrumental deliveries, followed by lacerations that have been neglected, are a frequent source of malignancy, and where the change is going on in addition to well-established and chronic uterine disorders, then the strain upon the nervous system may be followed by nervous prostration or loss of mental balance.

It is a great mistake to leave the adjustment of wrong conditions until the change of life, thinking this reorganization will remove disease. The change in itself is an eventful crisis and all the body can meet under normal conditions. When abnormal conditions exist, then there is reason to apprehend that this period will prove much more serious, and whether a woman lives through it or not depends much upon the extent of the diseased conditions, the recuperative powers of the body, and the means employed to help Nature perfect the change.

Usually, cessation of menstruation begins about thirty years from the date of its establishment at puberty, although this varies with individuals. The change may

extend over a few months or a number of years, with great variation in the periods. Sometimes the flow will be scant and at irregular intervals, and again there is a tendency to hemorrhage at or near this time. This, of course, points to a weakened and relaxed condition of the uterine organs. When the flow becomes scanty and irregular, there is ground to suspect the formation of an abnormal growth, although after a growth has attained some size in the uterus, Nature, in her efforts to throw off the condition, often produces hemorrhages or profuse menstruation.

The nervous symptoms are marked during this period, especially when diseased conditions have existed, and convulsions, partial paralysis, hysteria, and even a form of epilepsy may develop.

As the menses gradually cease and the uterine organs become inactive, the other organs of the body are called upon to help carry out the waste, and as these under diseased conditions have been gradually weakened and rendered inactive, there is frequently found stomach, liver, and kidney trouble, as well as more or less heart affection. Not uncommonly a woman, through a mistaken conception of the real trouble, will treat at this time for some heart, stomach, or liver trouble, and, of course, without getting well, since, while those organs are more or less involved, the cause of the trouble lies elsewhere.

The lungs come in for their share of the extra work, and women who have had touches of pulmonary trouble before may find it developing again and more at or near the change. There may be more or less expectoration, with a nervous, irritating cough, and through neglect this trouble may develop into a rapid decline. In the majority of cases these symptoms disappear when a complete change is perfected and healthy, normal conditions established in the uterine organs.

As there is close sympathy between the glands of the body and the uterine organs, trouble with the breasts frequently develops at this time. Any lump in the breast is alarming to the average woman, and yet the condition is serious or not serious, as determined by the producing cause. When it is a reflex symptom from uterine irrita-

tion incident to the change, proper assistance to Nature to bring the change about normally will relieve the breast symptoms. Too frequently the real cause is not recognized, but is overlooked, and the sufferer hastens to treat the breast locally, often proving a source of irritation and adding to the trouble.

Rheumatism and neuralgia are other very common symptoms at the change, and, like other symptoms, can only be reached by removing the cause. Again, women are prone in such conditions to treat merely for symptoms, and it is needless to say that they do not obtain a cure, and often very little, if any, temporary relief.

Being at the best a trying period in a woman's life, it behooves her to place her body in the best physical condition possible at this time by natural means, realizing that unless special aid is given to Nature she may be unable to bring about the readjustment necessary to the change, and that under such conditions the whole body will be weakened and may give way entirely.

In proportion as a woman has enjoyed good health previously may she expect to pass through this crisis with ease and safety, and in proportion as she has suffered more or less throughout her menstrual life may she expect a stormy change. Leukorrhea, lacerations, displacements, nervous debility, impure blood, and sluggish circulation, which have been so great a drain upon her vitality these many years, cannot but be followed by distressing conditions. Preparations, therefore, should be begun as far ahead as possible, that this great crisis may be passed safely, and a new lease on life obtained.

The change should not mean the cessation of health or life; it should mean merely the cessation of the child-bearing function, and under healthy, normal conditions it should mean the entering upon a new lease on life. Many of the most brilliant and influential women of all history have achieved their greatest triumphs after this period. One noted woman writer declares that only after a woman is fifty-five is she properly equipped to write a powerful book or project her best work.

The change is not the end, but the beginning of an-

other period, THE PRIME OF LIFE. New interests develop, and life is viewed from a new standpoint, and under healthy conditions, with vigor renewed, one may take up a new purpose or mission and devote one's self to it with such energy and enthusiasm as to make it a telling force. Many a woman after this period has taken up an entirely new line of work, something perhaps in which her children are interested, and has made of it a success. No longer need women drift towards the dead sea of purposeless middle life, instinctively dreaded by many. We have but to look over the field of women's achievements in the United States to realize that the age from forty to seventy is a very productive age indeed—by no means an inactive age. Under normal conditions, there is going to be no such thing as old age any more, either for our women or our men; for through right thinking and right living they will become masters of their fate and only as old as they feel. With living interest in their own special work and in the great achievements of the age, they will not grow old.

Premature old age means physical wreckage, and this can be prevented by careful thought and study and the judicious use of natural measures at the change. Vimedia presents to every woman a safe, sane, and logical method of home treatment to remove the diseased conditions and build up the body to normal. The whole body should receive special help at this time. If congestion, inflammation, enlargement, and displacements of the womb exist, the treatment should be used most faithfully to overcome these conditions. (See the chapters on these subjects.) If the conditions have been too long neglected and other abnormalities have appeared, the treatment should still be employed to remove the underlying cause of these conditions. (See the chapters on "Tumors," "Uulceration and Cancers," etc.)

If under the great strain there has been nervous exhaustion, or complete nervous prostration and mental troubles, the treatment should be used since in all of these conditions everything depends upon re-establishing healthy, normal circulation through reviving and building

up the nervous system. This Vimedia most thoroughly accomplishes for it is an effective treatment in removing congestion and inflammation wherever located, by giving tone and strength to the nervous system and through it stimulating, purifying, and enriching the circulation and controlling the functions of every organ in the body. Thus, through its use, diseased conditions are removed, the whole body built up, the sufferer obtaining a new lease on life.

Vimedia being a natural system of treatment, based on Nature's own unalterable laws, it is necessary that one live in harmony with her established laws. Plenty of fresh air and sunshine are Nature's great aids. Plenty of physical exercise in the open air is a great help, and plenty of rest and sleep are necessary to give the recuperative powers of the body a chance to respond to the great tearing down and building-up process so essential to the removal of waste and disease and the restoration of the general health.

Pleasant and interesting company should be sought, and freedom from petty cares and worries obtained. The diet should be plain, wholesome, and nourishing, and special hygienic measures employed in the individual case, as may be suggested by the Hygienic Department.

VIMEDIA CAPSULES should always be employed during this period.

VIMEDIA CERATE and LIQUID, by strengthening the nervous system, and by stimulating the action of the circulation, skin, kidneys, etc., hasten the removal of that waste, which is no longer carried out through the channels.

VIMEDIA ADJUVANTS should be taken if the flow is too profuse.

VIMEDIA TABLETS should be used where liver, stomach, and bowel troubles are complications.

VIMEDIA SUPPOSITORIES should be used if any rectal trouble exists.

VIMEDIA LAXATIVES are to be taken if needed to insure a full daily bowel movement.

There is no more serious time in a woman's life than

this last great change in her sexual nature, and all symptoms of any diseased condition should be immediately recognized and active steps taken to prevent more serious troubles arising. To pass the change well means everything, and a woman can better afford to neglect almost anything else at this time rather than the all-important matter of health.

A banker should certainly appreciate, as much as any business man, the necessity nowadays in efficient living. That every individual should accumulate some reserve, physically as well as financially. To become able to succeed one must learn to develop and preserve one's bodily powers and resources, as well as to conserve in property and money.

A very successful banker lately told a Vimedia representative, in answer to her inquiry as to how his wife was, that the wife had been placed in a sanatarium for mental disorders. To quote his own words: "Unfortunately she neglected to make preparation for the most important physical crisis in a woman's life, the change. She had no reserve strength to withstand the trying re-adjustments which cannot be made properly with weakened nerves and impoverished circulation and depleted tissues."

When too late this banker had forced upon him, with keen regret, a realization of the fact that in his own absorption in conserving material resources, he had failed to find out and use such natural means as Vimedia to have kept his wife sound and well in their own home. He came to the sad realization of what it means to have failed to "Stop, Look and Listen"—to have neglected to put SAFETY FIRST.

Get health. No labor, pains or exercise which can secure it, must be begrudged at this time.

CHAPTER XXVI.

TUMORS.

TUMOROUS conditions are found at the change in about forty per cent of those women who, previous to that time, have suffered persistently from the ailments peculiar to their sex. The most common form is the fibroid tumor, which is not of a malignant nature, but which develops slowly, for years perhaps, before it interferes by mechanical pressure with the functions of the body sufficiently to become noticeable. These tumors sometimes attain great size and weight, becoming a burden and a menace to the sufferer.

These abnormal growths may be found within the womb, within its walls, or outside of the womb; they may be found upon one or both of the ovaries or in the pelvic cavity. The most common form is found within the womb.

The usual fibroid tumor is a growth of low-grade tissue, in color closely resembling liver, but in texture it is fibrous and solid to the touch. Sometimes pieces are discharged at menstruation which resemble clots, but which will not disintegrate in water, as will the common blood-clot.

The fibroid tumor within the cavity of the womb or a polypus growth are the kinds that are most readily removed.

An intra-uterine fibroid is one that develops within the walls of the uterus. These form beneath the lining of the womb. For some cause the lining at some particular point begins to thicken, and the growth continues to increase in size for months and even years without any marked symptoms. Being located on the inside wall of the uterus, it gradually pushes outward until the cavity of the womb is completely filled; then distressing symptoms appear, there being a sense of weight and dragging, pain

and distress throughout the pelvis, uterine colic, pains from lying upon one side or another, headache, nausea, and profuse menstruation. Constipation is a frequent feature, owing to the increased size of the womb and its consequent pressure upon the rectum; while not infrequently distressing bladder symptoms arise. Sometimes at menstruation there will be great contractions of the uterus, as in labor, being Nature's efforts to throw off the abnormal growth.

The most marked symptom is usually the profuse menstruation, and this, of course, is very debilitating, since there is no regularity about the periods, but they return frequently. The flow may be present without painful symptoms, but usually these accompany the discharge in the form of labor-like pains; especially is this so in advanced cases, where the growth has reached a large size.

Sometimes, however, the tumorous condition blocks the outlet for the discharge of the menses, and these are retained. The larger the growth the more pronounced the displacement. Often, where the menses are suppressed, marked symptoms of seeming pregnancy are in evidence, and sometimes a mistaken diagnosis of pregnancy is given.

Another form of tumor, which is much less common, is the tumor outside of the womb, on the exterior surface, and beneath the peritoneum. These grow more rapidly, and there are nearly always several of them together. Sometimes one will be very large and the others small. These are not accompanied by the uterine hemorrhage, as in the case of tumors within the walls of the womb or within its cavity.

When they are very large their pressure interferes with other organs, interrupting their functions and producing many distressing symptoms. These tumorous growths are frequently bound down by adhesive tissue, and there is a marked tendency for such a condition to produce acute peritonitis.

In the larger tumors of this nature a sort of degeneration takes place, and cysts or compartments are formed, which contain a quantity of pus, blood, etc. Such conditions are more dangerous because of the tendency to rup-

ture internally and produce blood-poisoning. These conditions may be mistaken for pregnancy or dropsy or for ovarian cysts; the latter, however, are of more rapid development, and may occur at any period, even before puberty, while the fibroid cyst is of slower development and scarcely ever occurs under the age of thirty, but generally from forty to fifty; the discharges from a growth of this nature being bloody, muddy, purulent, or brownish in appearance.

Cystic tumors, as mentioned, develop rapidly, and are frequently found in connection with the ovary, although they may be located elsewhere in the body. These are serious conditions that require immediate attention, and only a physician giving a personal examination can determine the extent of the development and the consequent dangers.

In far advanced cystic conditions there is always danger of these cysts rupturing and poisoning the whole body; hence such are not invited under the Vimedia treatment. When taken in the earlier stages, the chances of recovery under the treatment are most favorable.

The polypous tumors consist of a number of small growths or polypi, that are attached by stems or pedicles to the walls of the uterus. Where there are but a few, Nature's efforts to throw these off result in profuse menstruation; but they sometimes become so thick as to interfere with the discharge of the uterine lining at the menstrual period. One suffering with such a condition may have severe menstrual headaches, but no flow, and as the suppression tends directly to develop the growths, they increase rapidly.

The fatty tumor is merely a composition of fat; it may be found in various parts of the body, usually external, and yields to the use of this natural system of treatment.

The glandular tumor is an enlargement of a gland, such as the glands of the breast or of the neck. The enlargement of the thyroid gland of the neck is known as "goitre." These conditions result usually from uterine derangements and irritations reflexed through nerves and circulation, and can be most directly reached by removing

the cause. Local manipulations alone but tend to develop the trouble.

Goitres are found in some young women just entering puberty, because the uterine organs are not properly developed; and again, this condition, like tumors of the breast, frequently appears in older women at or near the change of life.

These conditions are reached through Vimedia by removing the underlying cause of the trouble.

The origin of tumorous conditions in the pelvis is not definitely known, but anything that tends to lower the vitality of the body, deplete the nervous system, interfere with the proper circulation of the blood, or irritate the tissues locally, tends to produce these abnormal growths.

It seems that Nature, in her efforts to carry out waste from the body, finding all passages or avenues blocked, deposits this waste in various tissues, especially where tissues are bruised as by curettments or weakened by inflammation or where circulation is impeded by adhesions, whereupon degeneration takes place and abnormal growths appear.

Certainly in a healthy body, functionating normally, none of these conditions are found. They are prevalent, however, in women who have suffered for years from uterine disorders, and they appear most commonly at or near the change of life.

While pelvic tumors are usually of slow development and may be present in the body for years before the patient becomes aware of them, their removal surgically is commonly advised and often urged, but nine-tenths of such operations do not prove successful, the tumorous growth appearing again and, if anything, developing more rapidly. (See "Fibroid Tumor" leaflet published by The Vimedia Company.)

A tumorous condition does not mean that just the particular part of the body where the growth is located is diseased, but that the whole system is involved, and before the desired results can be obtained, before the body can gain sufficient strength to throw off the abnormal conditions, the whole system must be built up and strengthened.

The local congestion and inflammation must be removed, the nervous system restored to its proper functionating power, and, most of all, pure blood must be made to circulate freely. These corrections are not attained through the use of a knife.

Being of slow formation, fibroid tumors are not apt to be cured quickly. It is not enough to absorb or expel the growth itself; the underlying cause of the trouble must be reached. This process can be accomplished only step by step; hence under the Vimedia natural system of home treatment there are few rapid cures, but the results when established are sure and permanent. Much depends upon the extent of the growth, the length of time present, and its location.

A tumorous growth within the cavity of the womb is more likely to be expelled as a whole or in large pieces than one located elsewhere. A fibroid tumor within the walls of the uterus may be absorbed and carried out through the circulation, or through a process of disintegration and migration it may come away in particles at the menstrual flow. A fibroid within the cavity of the pelvis is often broken up and carried out through other avenues of elimination than through the uterus, sometimes being discharged through the bowels. Everything depends upon the extent of the trouble, the character of the growth, the absorptive and expulsive as well as the recuperative powers of the patient, and the faithfulness and persistency with which the treatment is applied.

Those using Vimedia with the purpose of getting rid of a tumor have different experiences to relate regarding the cures of similar conditions. Some tumorous conditions have been expelled with profuse flow and labor-like pains, and it is not infrequent for the sufferer to complain of tearing-loose symptoms that are felt decidedly as the tumorous condition begins to yield to the use of treatment. Again, other growths are absorbed and carried out without any traces of abnormal growth being apparent in discharges.

In certain other conditions there are expelled shreds, clots, and pieces that fail to dissolve in water. Some-

times the discharge has been of bright-red arterial blood, and again of thick, black, and very offensive blood; but whatever the steps in the process of elimination of disease, these are necessary and are to be borne patiently until the system has been thoroughly purged of the abnormal accumulations.

Not only the growth itself must be removed, but those other diseased conditions throughout the whole body that have resulted from the retention of waste. It is a great deal easier to float down the stream of disease than it is to turn and work one's way back to health, and one may be congratulated if at first one merely holds one's own—does not drift further.

As a general rule during the early stages no marked changes may be apparent, and when the treatment does take strong hold on the system in the elimination of disease, the curative process may be accompanied by more pain, more weakness, or more exhaustion. This does not mean that the sufferer is worse, but that in digging out disease there must be more or less systemic disturbance and that, although the symptoms may not be pleasant, they are to be welcomed as indications of improvement.

Every minute cell in the body has suffered more or less from the abnormal condition, and therefore every minute cell must be relieved of its burden of disease, and every minute cell must receive special help to attain the normal. It is no quick or easy task to clean off the broken mortar from thousands of bricks taken from an old building, but it is a necessary process before they are fit to use in a new structure. When one considers the great work undertaken in the removal of tumorous conditions, one can understand why the process is not a rapid one and that a reasonable length of time must be allowed in which to bring relief and cure.

Results, of course, are more rapid where conditions are not so chronic, or where an operation has not already been sustained. In this respect an ounce of prevention is worth many pounds of cure, and promptness in beginning the use of Vimedia upon any suspicion of an abnormal growth saves much time, suffering, and expense.

VIMEDIA CAPSULES should be used as directed.

VIMEDIA LIQUID should be used as directed.

VIMEDIA SUPPOSITORIES if there is any rectal trouble, or if specially advised by the Hygienic Department.

VIMEDIA LAXATIVES if constipation exists.

VIMEDIA TABLETS are usually necessary to overcome the torpidity of the liver which is usually present in such cases. A VIMEDIA ADJUVANT No. 2 (tablets) should be swallowed night and morning, being of special value in tumorous enlargements.

VIMEDIA CERATE should be applied thoroughly along the spine and in the form of a plaster nightly over the entire tumorous region, which should not be massaged.

Special compresses, baths, douches, etc., will be advised by the Hygienic Department for the individual needs.

Where there are hemorrhages accompanying the tumorous condition, or profuse and long-continued menstruation, large hot douches should be used on the fourth night to assist in checking the flow. These should be as hot as can be borne and of at least four quarts of water, and should be used only in a reclining position. If these have no appreciable effect upon the condition, a cupful of vinegar, brought to the boiling-point to sterilize it, may be added to each quart of water. Cold compresses may be used over the abdomen.

During profuse menstruation the use of VIMEDIA LIQUID should be reduced to half or even third doses, and a VIMEDIA ADJUVANT TABLET should be swallowed three or four times a day.

Tumorous cases especially should keep in close correspondence with the Hygienic Department while under the Vimedia treatment.

TUMORS OF THE BREAST.

Tumors of the breast or enlargements of its glands are ordinarily amenable to the Vimedia treatment. Too frequently these conditions are handled improperly until more serious troubles develop. These conditions should not be treated so much locally as systemically. Nine

times out of ten they are found arising from uterine trouble; hence the uterine trouble is the first thing to remove. There is a close sympathy between the glands of the breasts and the ovaries, and as a woman approaches that period in life when the ovaries cease to functionate she is likely to experience some trouble with the breast, especially if she has had more or less pain in this region during menstruation.

In these conditions it is of course highly important to place the whole body in the best physical condition, one should not allow manipulation of the breasts, which only tends to aggravate the trouble. Under the right use of Vimedia in removing the pelvic trouble and in building up the general health, these tumors of the breast should gradually disappear.

In the first stages of tumor of the breast the lump is usually painless and gives little or no trouble, but in the second stages the breast is hard, painful, swollen, and increased in size. Frequently the glands under the arm and in the neck become affected in sympathy, and the arm on the diseased side may become lame or painful. Frequently pains extend up the side of the head or down the side of the body. The trouble may now be malignant, but more often it is not.

Any undue manipulation or surgical interference, however, tends to break down the inflamed and delicate cells, and this makes malignancy more probable. The faithful use of Vimedia at this time overcomes the local condition and builds up the general health, if the condition is not true malignancy, and if malignant the treatment accomplishes everything possible in restoring normal conditions, increasing the sufferer's comfort, and prolonging her life.

The inflammation following operations may mean so much increase later of diseased conditions. Since malignancy is cell-destruction, the logical way to combat such tendency is to build up cell tissue through natural means faster than disease can tear it down. This is now a well-recognized way of overcoming tubercular trouble, and the time is not distant when it will be recognized as the

rational way of removing malignant troubles, instead of resorting to the knife.

It is not claimed that Vimedia will cure cancerous conditions of the breast when fully developed, but it is claimed that tumorous conditions of the breast are usually not malignant in the beginning, and, if taken in time, the faithful and persistent use of the Vimedia treatment will entirely overcome the trouble. As the knife has rarely ever proven fully successful, nor yet manipulations, electricity, etc., we maintain that a natural system of treatment will accomplish more than anything else in establishing more nearly normal conditions. Always the sufferer should place herself in full correspondence with the Hygienic Department.

VIMEDIA CAPSULES should be used daily, whether uterine disease or irritation is in evidence or not.

VIMEDIA CERATE should be applied daily over the spine and abdomen.

VIMEDIA LIQUID should be used internally as directed.

VIMEDIA ADJUVANTS should be used if there is profuse flowing.

If the breast is painful, swollen, and enlarged, hot compresses should be used over it twice daily for from thirty to sixty minutes. These should be wrung out of hot water, applied over the breast, and then a hot water bottle placed on them to keep them at an even temperature.

After the breast has been carefully, gently and thoroughly treated in this way, take a piece of oiled silk and cut in shape to fit snugly over the breast and other affected parts. Dry the breast very thoroughly, but gently, with old pieces of dry linen, then spread the cerate on the oiled silk and apply it, cerate side in, over the entire breast and well up on the shoulder and under the arm, if the heat and tenderness and pain reach that far. Bind on with pieces of old linen. Repeat again at night.

This treatment is also to be employed in ordinary lump in the breast.

Should the condition not improve under the hot treatment, then the cold treatment should be employed for a

time; some conditions responding to one, some to the other.

In the cold treatment the sufferer lies in bed, with heat at the back between the shoulders, also with heat at the feet, and with the body well protected with covering. An attendant sits at the side of the bed and, wringing towels from cold water, applies them over the breast, covering with a dry towel and changing every five minutes, taking care not to expose the breast while making the change. This treatment should be employed from twenty to forty minutes, when the breasts should be dried thoroughly and the cerate applied in the plaster form, as advised.

When the diseased conditions are so far advanced that the tissues are broken down, we have the open sore of the breast. In this condition the surface is raw and cracked and often deep fissures exist. This is a very serious condition, and one which will not yield quickly to any method of treatment; yet Vimedia, a natural system of treatment, is more logical to employ at this time than manipulations or the knife.

The sore should be thoroughly cleansed with lukewarm water, to which has been added three to five drops of carbolic acid to the quart. This should be applied by means of a spray from a fountain syringe or an atomizer; in either case, no force should be used. After this, the parts should again be sprayed with warm or cold water (as may seem grateful to the inflamed parts) to a half cup of which has been added twenty drops of VIMEDIA LIQUID. After this, the parts should be thoroughly dried with pieces of absorbent cotton and the cerate plaster applied, as previously directed.

Over the whole place a layer of absorbent cotton and bind on with old pieces of soft linen.

Every precaution must be exercised to see that the parts are as much undisturbed as possible. No clothing should be used that would tend to bind or irritate the parts in any way, and all strains or other possible injuries of the breast should be guarded against.

As the diseased tissue loosens it is not to be removed

by force under any circumstance, but allowed to come away unassisted.

In conditions of this kind no half-way measures will do. Faithful and persistent use of the remedies as directed should be employed. Plenty of sunshine and fresh air should be obtained, and care in diet exercised; this should be very plain, but nourishing, and an excess of animal food should be avoided. Fruits and green vegetables should be used freely, and the whole body kept thoroughly cleansed and purified. A full daily action of the bowels is imperative.

LUMPS IN THE BREAST.

Lumps in the breast are always viewed with suspicion and arouse at once the fear of cancer, yet nine times out of ten mere lump in the breast is entirely reflex from ovarian or uterine trouble. Remove the real cause and the lump disappears. The thorough use of the Vimedia treatment has given splendid results in cases of this kind, because it corrects uterine and ovarian irritation, builds up the nervous system, stimulates the circulation, and when this is done the enlargement of the gland disappears. Sometimes the reflex irritation is found in the glands of the neck, which become enlarged, and one has goitre.

Where the lumps have been present for some time and ulceration has resulted from injudicious treatment, or other causes, then the condition becomes more serious. It is only a short step from ulceration to malignancy, and one cannot always tell whether the trouble is mere ulceration or cancer. Cases pronounced cancer by some physicians, have yielded to this treatment, though we make no specialty of treating cancerous cases. Where the condition is merely ulceration it will yield nicely to a thorough use of Vimedia, and where there is any question it is advisable to use Vimedia first, as it is generally beneficial, and soothing to the inflamed tissues, while burning or cutting of the tissues might induce malignancy in a condition that would otherwise prove curable.

Vimedia Capsules should be used in this condition, since, as mentioned, the underlying cause most generally is pelvic irritation.

VIMEDIA CERATE should be used over the spine to build up the nervous system, and also over the lump in the form of a cerate plaster.

Through a peculiar nervous connection, lumps in the breast are apt to become aggravated through rectal irritation. Hence it is advisable in such cases to use VIMEDIA SUPPOSITORIES in the rectum.

VIMEDIA LIQUID should be used to stimulate the circulation and purify the blood.

VIMEDIA TONIC should be used in cases of great weakness.

VIMEDIA STOMACH AND LIVER TABLETS, if there are complications with these organs.

VIMEDIA LAXATIVES, if the bowels are sluggish.

Adjuvants No. 2 are especially designated in this condition.

Where there is pain, dull or shooting, increasing ulceration with offensive discharge, and the sufferer is becoming weaker and losing flesh, the diagnosis of cancer is well grounded.

PART THREE

AILMENTS AND OTHER CONDITIONS COMMON TO BOTH SEXES

AILMENTS COMMON TO BOTH SEXES.

LIFE IS SHORTENED by disease and narrowed by invalidism. The ideal life, with respect to health, would be free from illness and disability of every kind. To gain such an ideal is the aim of hygiene.

Statistics show thousands of people die annually of particular diseases, such as consumption, but statistics do not dwell upon the minor ailments which are really the gateways to more serious troubles. For instance, those who neglect a cold, or what seems to be a cold, will be far more likely to become victims of pneumonia or tuberculosis. Practically all minor ailments can be escaped by proper hygiene.

As is set forth in the Government report on "National Vitality": "These so-called 'minor ailments' will undoubtedly in the next few years receive much more attention than now. Until recently, the physician has been accustomed to treat only acute diseases, but as preventive measures gradually replace curative measures greater attention will be given to the treatment of minor ailments. These are generally the first warnings of more serious troubles.

If the very first twinges of rheumatic pains were heeded, gout and the dreaded arthritis deformans or swellings of the joints with resulting deformity would lose most of their terrors. We could then arrest a great majority of serious affections at the very gateway. It can hardly be doubted that even such a disease as cancer, whose causation is not yet understood, gains a foothold through lowered vital resistance, manifesting itself at the first in minor ailments of some kind."

The Vimedia system of home treatments may be depended upon to render this greatly needed service of prevention, presenting in most convenient forms a home treatment, designed especially to meet the many needs of

women, and equally logical and successful treatment for men in the diseases common to both sexes.

This fact is recognized more broadly every day, more and more men coming to learn of its great value in nervous disorders, stomach, liver, and rectal derangements, catarrhal conditions, and in congestion and inflammations, wherever located.

In every diseased condition there is need to revive the nervous system, something most directly accomplished through the application of VIMEDIA CERATE over the nerve-centers in the spine. In every diseased condition there is need to stimulate the organs of elimination to carry out waste and to purify and enrich and stimulate the general circulation. This is accomplished by the use of the VIMEDIA LIQUID internally.

In a most effective way stomach and liver troubles are reached by the tablets and rectal troubles by the suppositiories; bladder and urethral troubles through the use of the pencils and constipation by Vimedia Laxatives.

The law that governs disease and cure is as applicable to man as to woman and is as fixed and unalterable as that of the rising and setting of the sun. Men are not prone to drug themselves, nor are they as apt as women to neglect their symptoms and think of disease as one of life's necessary burdens. A little ache or pain is understood as Nature's warning of something wrong, and is given prompt attention. Palliative measures they are suspicious of; stimulative measures they recognize at their true value, which is small. It appeals to their common sense that a headache is not always in the head—that is, while the pain is there, the root of the trouble is elsewhere.

They usually recognize the fact that the whole body is so intimately connected that no one part can be selected and treated to the exclusion of the other parts, but that disease needs to be attacked at every available point, and that this is but one step in the process of cure—the other and most important being the upbuilding of the body. It therefore appeals to them as reasonable that this natural system of home treatment. It should be as applicable to

their common ailments as to the common ailments of their wives and daughters, and, acting on this reasoning, they have used the Vimedia treatment with entirely satisfactory results.

A Hygienic Department is maintained to clearly inform applicants as to Vimedia's value in such conditions as theirs, and special health blanks for men may be obtained upon request from the local representative or from the nearest Vimedia office. All communications receive prompt and thorough attention, and, as with women, only such conditions are invited under treatment as have previously been benefited or cured. All information is given entirely free of any charge or obligation.

CHAPTER XXVII.

THE SKIN AND ITS FUNCTIONS.

THE skin is one of the most important functionating organs of the body. It is not only a protective covering, but through its millions of sweat glands it becomes an important organ of excretion, throwing off moisture and waste, while its innumerable absorbent ducts and glands may take in food as well as medicinal substances when needed. It is the organ of touch, containing the delicate, sensitive nerve-ends or touch-corpuscles, while at the same time it regulates the body temperature by allowing an increase or decrease of perspiration.

The average adult individual possesses nearly seventeen square feet of skin. It is abundantly supplied with nerves that have their origin in those centers of the brain which also send nerves to certain internal organs, so that the skin becomes a kind of *keyboard of the body.*

Because of its great supply of blood-vessels the skin can hold more than *one-half of all the blood in the body.* If there is a lack of healthy color in the skin, it is because blood is stagnating in some internal organ—in the stomach (an indication of disordered digestion); in the bowels (constipation); in the liver (biliousness); in the womb or ovaries (enlargements or displacements), etc.

The abundant nerve and blood supply of the skin makes it respond quickly to applications of hot and cold water, and to friction.

The great number of actively absorbent glands make the skin an invaluable means of introducing into the body elements which revive the action of the nerves and tissues, and nourish them, and that is why the application of Vimedia Cerate through the skin is one of the most important and valuable parts of the Vimedia treatment. This mode of application avoids the chemical

changes which substances taken into the stomach so often undergo through the action of the gastric juices.

An interesting article in this connection appeared in a Kansas City newspaper of March 25, 1903, entitled "Fed Through the Skin." It related that when a lady of that city failed to respond to the usual methods for arresting severe gastritis, her physician prescribed the free rubbing in of oil of theobroma. At first two ounces a day were rubbed into the skin, the amount being increased until eight ounces were absorbed every day. At the end of thirty days she was able to take a little solid food into the stomach, and gradually regained strength. She lived three years longer.

In another instance of the writer's own experience, a lady who had the same trouble, acute gastritis, and had been unable for two days to take any food, determined to get the virtue out of a combination of that same food material and certain Vimedia curative principles (those things being skillfully combined in Vimedia Cerate). She swatched the abdomen with it for nearly four hours one afternoon, when there appeared upon the surface of the abdomen in bright red the outlines of the stomach and transverse colon, showing how the inflammation had been drawn out, and *the next morning* she was able to take some solid food, convalesced thoroughly, and is now active and well.

Many illustrations of the vitally important action of the skin in ridding the body of waste might be cited. One frequently referred to is of that little child whose entire body was covered with gold leaf when he posed as an angel in a religious procession in Rome. Almost immediately after the celebration he died from the clogging of the pores of the skin. The same fatality has occurred in instances where men have been covered with tar. It is a well known fact that if more than one third of the skin is destroyed by a burn the sufferer cannot live.

A very serious and commonly met with, yet seldom recognized affection of the skin is familiar to all who have lived upon a farm, or have had other opportunities of observing animals which have become "hide-bound." A variety of causes may contribute to this condition, such as

undue exposure to the cold and wet; too much dry food, like hay, too much heating food, like corn; lack of green food, or of enough good drinking water; and, very commonly, a neglect of proper grooming, that is the currying or brushing or other cleaning and stimulating of the skin.

Close observers of animals well know the symptoms which characterize the hide-bound animal. The contraction of the skin so pinches the tissues beneath it that the ends of the nerves are crowded and deadened; the circulation of the blood is clogged; the skin continues to get drier and more bound down, the hair coarser and more lifeless; the nervous system is so weakened by constant pressure from contracted muscles as to cause a letting down in the functions of the various organs; the digestion is weakened—the animal is "off its feed;" the eyes become sunken; the eyelids have pinkish rims, instead of the yellow of health; the mucous membrane of the nose becomes dry, there is no "dew" upon it; it is likely to crack, or there is running at the nose; unusual quantities of water are drunk, but no flesh is taken on the loins. A generally lifeless, consumptive appearance develops. The animal goes down steadily in appetite and working efficiency, and is finally sacrificed to the butcher for what it will bring. It is less valuable to him also, because it is difficult to separate the closely bound hide from the tissues, and the tissues themselves are shrunken, dried and lifeless, as every part of the animal is prematurely aged.

Close observers of people find striking points of similarity between the condition of such neglected, hide-bound animals and of numberless persons—victims of self-neglect or of the neglect of others. It is surprising that this classification should have been so universally overlooked by the people themselves and even by experts whose business it is to observe closely and profit by their observations.

In the Vimedia system of home treatment great emphasis has always been laid upon the necessity for arousing the activity of the skin in order that it may not only properly absorb the Vimedia cerate and carry it into the blood and to the nerve and tissue cells (without the changes which it would undergo through the juices of the stomach

if it were swallowed), but also that the stimulation of the nerve terminals in the skin may result in a corresponding stimulation of the action of the internal organs.

This mode of application by rubbing in through the skin most directly revives the nerves and stimulates the ducts and pores of the skin as well as the nerve ends. Thus all the organs of the body are aided when the use of Vimedia is preceded by the proper brisk frictions or brushings, compresses, hot baths, or other hygienic aids, and the action of the treatment is greatly hastened. The thorough Vimedia patron is assured of one thing beyond question—that she or he cannot be included in the enormously extensive class of hide-bound individuals.

An interesting instance along this line is the experience of a man past eighty years, hale, hearty, with skin as pink, plump and firm as a baby's—who, when he was a youth, went west to outgrow tuberculosis. He found his condition was not changing for the better and being far from civilization had to depend upon himself to check the downward tendency. He figured that it was imperative to establish a vigorous circulation in every part of the body and began by the very thorough daily use of brushes over the whole body, having to clean up and use horse brushes for the lack of anything better. The results were so satisfactory that he was very persistent in continuing this habit and has come into the enjoyment of a hearty and vigorous old age.

Every Vimedia patron realizes from the first that she or he has begun working along natural lines to gain new vitality and greater resistance to disease. They realize that while there is no royal road to health which will excuse them from faithful, persistent use of the treatment and hygienic aids, there is a more than royal reward which comes almost with certainty to the one who begins the treatment with the determination to be thorough—the one who is willing when necessary to take off the coat and roll up the sleeves, with the one purpose of removing the cause of the trouble.

No self-respecting woman or man is content to remain longer than necessary with soiled hands or face, and more

and more is the normal requirement being recognized and determined upon as a rule of action that every part of the body, without or within, must be cleansed from danger of disease or from its effects. Vimedia stands for THE COMPLETE CRUSADE FOR CLEANLINESS—HEALTHFULNESS!

THE FUNCTIONS OF THE SKIN AND FREQUENT BATHING.

Frequent bathing is a necessary antidote for the wearing of clothes. The quick cold morning sponge bath though stimulating, refreshing and healthful, is not sufficient to keep the skin clean, active and healthy.

Not less than twice a week a hot soapsuds bath should be taken to cleanse the body thoroughly of accumulated waste coming from the inside of the body and from the worn-out layers of the skin as well as from the clothing worn. Many persons find that a daily hot bath, followed (if taken in the morning) by a quick cold sponging, tones and invigorates the whole body and stimulates the circulation. The neglect of regular bathing results in weakening the function of the skin as an eliminating organ, and this throws extra work upon the kidneys, liver, intestines, and lungs. Neglect of bathing debilitates the body so as to render its owner a much more ready victim of nervous weaknesses, colds, etc.

The hot bath taken at least two or three times a week, is not merely a matter of cleansing the waste from the surface of the skin, but it is equally effective in stimulating a vigorous circulation, not only through this wonderfully sensitive organ and body covering, but also through the internal vital organs, including the stomach, bowels, liver, kidneys and brain. The one who takes a hot bath upon arising, followed by a quick cold sponge of the body, will have little craving for even such mild stimulants as tea and coffee.

One always finds that there will be a better appetite and stronger digestion, and clearer and more efficient brain —in a word, more LIFE and ENDURANCE. The commonly recognized importance of the daily grooming of good

horses to keep their coats in good condition should make every person feel they should exercise the same kind of "horse sense" in the frequent grooming and other care of our own infinitely more active skins, and in the stimulation of our other vital organs. Few people realize what wonderful and helpful stimulation they miss, and what encouragement they give to lassitude, drowsiness, and disease, by neglecting frequent bathing. It develops nerve strength in abounding measure, as those can testify who have formed the habit, and who cannot be persuaded to give it up.

Undoubtedly it is because of their laudable practice of frequent hot bathing that the Japanese have the wonderful immunity from disease which has been shown in some of their campaigns. For instance, in their war with Russia, they lost only one man from disease to fourteen from bullets, while in our own war with Spain, we lost four men from disease to one from bullets! Surely there is need for the turning over of a new leaf in this matter.

The VIMEDIA work is a *crusade for cleanliness*—the thorough cleansing of both the inside and the outside of the body. The man and woman who has opportunity and who takes time to give thought to the matters that this book endeavors to set forth will realize how important it is to take in hand and give battle to the powers of uncleanliness and disease before they seize the strongholds of our body's physical liberties and powers.

The man who works in the open air before breakfast has a keener appetite than the one who sits down to a meal at once after arising, unless the latter has stimulated his skin and his internal organs through a quick, cold sponge bath preceded, if at all possible, by a hot bath.

The skin and kidneys are complementary organs. This is seen in the fact that when in warm weather the skin is active, throwing off perspiration, the kidneys do not have much work to do, while in cold weather, when the pores of the skin contract, the elimination of moisture and waste has to be carried on to a much greater extent by the kidneys.

While the kidneys have been called the bath rooms of the body, the millions of pores of the skin discharge much the same function. It is estimated that if all the little drainage tubes in the kidneys were placed end to end, they would extend fifteen miles, making a tiny sewer of that enormous length, while if all the drainage glands in the skin were placed end to end they would extend ten miles—two-thirds as far as those in the kidneys. These figures help one to realize the importance of keeping both the kidneys and skin in active working order, which can only be done by the drinking of an abundance of water and by using plenty of it externally in frequent baths, or by regular and thorough friction of the entire skin.

The cells of the skin as well as those of all other parts of the body do their work submerged, that is under water. All the interior parts of the body are bathed by the blood which is mostly water and by secretions of various kinds. The mucous membranes lining the cavities of the body are always kept moist by their secretions. Scientists agree that the first form of life was in the water because it is easiest for life to take form and thrive under water.

With these facts in mind one will not be neglectful either of drinking sufficient water or of taking frequent baths. If the morning bathing of a few square inches of the face and neck with cold water, refreshes and arouses the brain and the nervous and muscular systems, as though they had had a bath themselves, how much better refreshment and greater arousing must follow the bathing of the whole body not merely with cold water, but, if possible, with hot water first. In any case plenty of friction of the entire skin with rough towel or brush is very invigorating and stimulating. This is not merely for the cleansing of the surface, but for drawing the blood from the internal organs to the surface. Of course, this must be done under proper conditions, as set forth in the section on bathing, page 327. In conjunction with these aids the use of Vimedia brings new life to the dead, sallow skin and to the exhausted, diseased nerves.

CHAPTER XXVIII.

ORGANS OF BREATHING OR VITALIZATION.

"He lives most life whoever breathes most air."—*Elizabeth Barrett Browning.*

THE NOSE is the external organ of breathing—not the mouth. Mouth breathing is always the result of some abnormal condition and may lead to greater disease.

The oxygen of the air is so essential to life that we have to take "air lunches" about eighteen times a minute, while we may properly nourish the body by taking food only two or three times in twenty-four hours. At the same time, it is through the lungs that we throw out one-third by actual weight of all the poisons and waste generated in the body.

While breathing, we consciously, or unconsciously raise the ribs surrounding the upper part of the trunk, called the "thorax" or "chest," we at the same time flatten down the thin, elastic, fan-shaped muscle, known as the diaphragm, which forms the partition extending through the central part of the trunk separating the lungs and heart above from the liver, stomach, and intestines below. This downward motion of the diaphragm makes a suction upon the lungs and enlarges the capacity of the chest. The outside air rushes in to fill the enlarged air space and we are said to "inhale." The same downward motion of the diaphragm exerts a powerful downward pressure upon the liver, stomach and intestines—an evenly distributed pressure of nearly 200 pounds—thus directly stimulating their action.

The upward spring of the diaphragm accompanying exhalation makes an upward suction upon the liver, stomach and intestines, as well as upon the heart and lungs. From this it is readily seen that the functions of the diaphragm are not confined to aiding the process of respira-

tion, but that it also directly and continuously influences circulation, digestion, and the peristaltic (worm-like) movements of the bowels, hence the very vital importance of a habit of full, deep, unrestricted breathing. Forced breathing, however, is not desirable, particularly in weakened and diseased conditions of the lungs.

To the extent one practices the free use of the diaphragm and abdominal muscles in respiration will one's capacity for taking in oxygen increase and one's vitality be renewed.

The inhaled air rushes through the trachea or windpipe into its two tubes or branches, one of which extends from the windpipe into each lung. These branches upon entering the lungs divide and sub-divide until finally they terminate in small cells, called the "bronchial" or "air-cells." These minute cells are something like a balloon—capable of great expansion, and, like a balloon, are surrounded by a fine netting—of minute blood-vessels.

It is in these minute cells that the blood gives up the impurities and waste of the body and receives pure oxygen, which converts it into bright-red arterial blood again, and it goes on its course renewed and refreshed to strengthen and build up the body. All air breathed out of the lungs is impure, hence it is very necessary that good ventilation be maintained at all times, that the impure air may be expelled from the living-rooms and pure and abundant air be obtained for the proper cleansing of the blood.

Where diseased conditions exist in the lungs the process of changing impure blood into pure blood is partially suspended, and the whole body becomes impaired, because it is so loaded with impurities that it cannot carry sufficient oxygen to burn out the waste, as it does under normal conditions.

Right breathing is essential to health. If, through stress of work, tight clothing, nervous tension, etc., one gets into the habit of taking sips of air, as it were—not breathing fully and strongly as one should, the result is soon observed in the sallow skin, the dull eye, the languid step. For without a sufficient amount of pure, fresh air

constantly permeating the body it is soon impoverished and readily succumbs to disease. Man may live for days and weeks without food; he can live but a few minutes when the breath is cut off.

Everyone should make a practice of taking deep-breathing exercises night and morning, especially those who are engaged in sedentary occupations or whose work is in poorly ventilated and unhygienic surroundings.

With every respiration the blood-vessels in the air-cells of the lungs, absorb the oxygen from the air and give in exchange carbonic acid gas; this is poisonous in its pure form, rapidly causing death from suffocation. If one remains in a closed room which does not permit the entrance of fresh air, the atmosphere of the room becomes more loaded with carbonic acid with each respiration. As a result, the venous blood sent to the lungs for the purpose of receiving oxygen is not refreshed—headache, drowsiness, languor, and faintness follow. Such conditions make a fruitful foundation for colds and coughs, bronchitis and pneumonia.

The air-passages are lined throughout with mucous membrane; this is a tissue whose peculiar property it is to pour out a lubricant over all surfaces so lined. In perfect health this moisture is just sufficient to keep the parts free from irritation. Congestion, impure air, shock, noxious gases, or irritating particles, such as dust or lint, cause these mucous cells to pour out their secretions too freely.

They accumulate in the nose, throat, bronchial tubes, or lungs. Their presence causes tickling, and the victim must dislodge and "raise" the mass by coughing or "clearing the throat." Colds, catarrh, bronchitis, influenza, croup, asthma, la grippe—all are afflictions of the organs of breathing.

Unfortunately the tendency to these diseases is cultivated among nine-tenths of the human race by the common habit of living in poorly ventilated homes and workrooms. The tendency to colds can be overcome by an intelligent treatment of the body in its relation to the air

we breathe, the food we eat, and the exercise and frequent baths we take.

The outer surface of the body, the skin, is most beautifully adapted to its treble use of protection, excretion and absorption. The internal surfaces of the body are similarly provided with coverings, the mucous membranes, which perform for the interior surfaces all the functions which the skin does for the exterior.

They line all the organs, crevices, and canals of the body and are continuous with the skin at all openings of the body. Their cells secrete a lubricant, just sufficient in health to keep all parts so lined properly warm and moist.

Should the body be suddenly chilled, especially when overheated and relaxed from exercise, all the cells and pores of the outer skin are suddenly closed. This abrupt contraction sends the blood from the surface of the body to the interior, and the result is a "cold" and a discharge of too much of the lubricant mucus. When this acute cold is not properly attended to, chronic cold results, and chronic cold or over-secretion of mucus is catarrh. (See the chapter on "Catarrh of the Head and Throat," page 239.

BRONCHITIS.

When, through colds or the inhalation of irritating dust or gases, the bronchial tubes become congested and consequently inflamed, the condition is known as "bronchitis." At first acute, if neglected or improperly treated it develops into a chronic inflammation, the mucous membrane becoming thickened and its secretions excessive. This causes difficult breathing.

If there is violent coughing, it is usually the larger bronchial tubes that are the seat of the inflammation, and this condition is accompanied by a raw burning feeling throughout the chest. The sputum becomes thick and may be streaked with blood in the acute attacks, and in the chronic condition may change to a yellowish-green hue. Where the inflammation is in the larger tubes, a peculiar rattling or wheezing sound is heard on each contraction or expansion of the lungs in breathing.

The underlying cause of the trouble is congestion or stagnation of blood in the lung tissues, and the first step is to equalize the circulation; hence frequent hot baths are advised. Cold compresses over the chest assist in relieving the inflammation and should be used according to special directions in the chapter on "Hygienic Aids."

The sufferer should remain quietly in bed, and keep up perspiration to help Nature throw off the poisonous material that has accumulated. The bowels should be kept active, and a light nourishing diet used. Nothing is more injurious than the old principle of "feeding a cold and starving a fever." Already too much waste has accumulated in the body, and the taking of too much food but adds to the trouble.

Where the condition is chronic, steps must be taken to build up the nervous system, which becomes depleted under the constant strain of diseased conditions. The circulation must be re-established and stagnant blood forced on. New blood filled with nourishing food must be carried throughout the body for the upbuilding of the whole, and in this work the Vimedia treatment assists Nature to a wonderful extent in bringing about the desired results. Through its use the congestion, the underlying cause of the trouble, is removed, and with it the inflammation that is causing so much trouble. When this is accomplished, and the nervous system sufficiently strengthened, the organs will functionate normally.

Acute bronchitis should be treated promptly and thoroughly to establish a complete cure, for any weakness left makes the sufferer that much more subject to renewed attacks of disease. Chronic bronchitis neglected means a gradual breaking down of the lung tissues and a fertile field for the development of the tubercular germ. This also is a matter that should have prompt, thorough, and careful attention before it becomes too far advanced.

Vimedia Liquid should be taken internally three times daily. The liquid should also be diluted with distilled or boiled water (twenty drops of liquid to a tablespoonful of water) and used in an atomizer as a spray for the nose

and throat three or four times daily. (See "Catarrhal Conditions.")

VIMEDIA CERATE should be applied twice daily over the chest and back, between the shoulders and over the throat. Once daily it should be applied the entire length of the spine.

Other forms of Vimedia should be used where complications exist. In uterine troubles the capsules should be employed; in rectal troubles, the suppositories; and in stomach and liver trouble, the tablets. In this condition, half-way measures will not avail. It is necessary to attack the diseased conditions from every available point and build up the body from every point.

PNEUMONIA.

Pneumonia, lung fever or inflammation of the lungs, results from a chill so severe that the blood is driven from the surface inward in such a rush that the multitude of small capillaries, in their network around the air-cells, become so enlarged from the engorgement of blood that they encroach on the space of each air-cell. This deprives the air-cells of their capacity for expansion with the drawing in of the breath, and breathing becomes difficult and sometimes almost impossible.

The inflammation in the lung tissues is so extensive and the advance of the disease so rapid that there is great loss of power in the lungs, and poisonous material not thrown off is retained in the body, and fever sets in. This condition should have the immediate attention of a skilled physician.

The symptoms of pneumonia are fever, difficult and painful breathing, coughing, severe pains in the chest or between the shoulders, and great loss of strength and vitality.

While waiting for the physician or before one can be obtained, the Vimedia treatment can be employed with great value, although it is understood it is not a specific for so rapid and dangerous a disease. As the condition arises from acute congestion in the lung tissues, steps to equalize the circulation will prove helpful, and the suf-

ferer should use a hot foot-bath and go at once to bed.

A hot-water bottle, half filled with hot water, is to be placed between the shoulders, and cold compresses, wrung from cold water, applied over the chest every three to five minutes. The body must be kept warm and not allowed to become chilled in any way, and if perspiration has occurred, it helps in the general relief of the congestion. The body should be dried under cover with soft towels.

The use of the cold compresses, changed frequently, may be continued for thirty minutes to an hour, after which VIMEDIA CERATE should be thoroughly rubbed in over the entire chest for thirty minutes, also over the entire length of the spine. This must be done under cover. After this, spread the cerate on oiled silk and place as a plaster over the chest, removing the hot-water bag from between the shoulders, and allowing the sufferer to rest.

Plenty of fresh, pure air is very essential to the struggling lungs, and cold air will not prove injurious if the body is kept from chilling. Shutting up the sufferer in a stuffy, air-tight room frequently proves fatal.

During the first twenty-four hours the cerate should be applied freely as directed every six hours, after that twice daily will be sufficient. The cerate may be applied in conjunction with any local application or with any internal medication the physician may be giving.

In this disease too great caution cannot be observed as to getting up after the attack. One had better remain in bed much longer than one feels inclined, since a relapse in this trouble is nearly always fatal. As the sufferer begins to improve, he or she should have more and more of fresh air and sunshine, but that, if possible, without leaving the bed. Great care in diet should continue to be exercised, the food being highly nourishing, but easily digestible. As soon as the crisis is over, the upbuilding of the strength is the next important step, and in this respect the VIMEDIA CERATE is wonderfully helpful and should be used in generous quantities.

PLEURISY.

When the lining membrane covering the lungs and lining the chest becomes the seat of an inflammation, it is known as "pleurisy." This condition is characterized by sharp, stabbing pains, caused by the two layers of the inflamed membrane rubbing upon each other in breathing. The breathing becomes difficult, and in the effort to spare one's self pain the breath is taken in short, insufficient gasps, and the result is improper purification of the blood.

This condition may result from a severe cold or may be an accompaniment of pneumonia. As in pneumonia, immediate steps should be taken to relieve the condition, and the sufferer should remain quietly in bed until all symptoms are relieved. If the result of merely a severe cold, and no pneumonia symptoms are present, the trouble should yield to the free use of the VIMEDIA LIQUID and CERATE.

Sometimes after pneumonia adhesions are found to have formed, setting up a sort of chronic pleurisy. This condition should receive thorough treatment with the VIMEDIA LIQUID and CERATE to promote an absorption of the low-grade adhesive tissue.

CONSUMPTION.

Consumption, or tuberculosis of the lungs, the "great white plague," is responsible for more deaths than any other known disease; yet it is a condition that is amenable to the right treatment, and under the active campaign recently established by local, state, and national authorities it should within a few years be greatly lessened and in time practically stamped out.

We make no specialty of treating this disease, yet the knowledge of it and how to handle it should be sent broadcast over the land, and the information contained in this chapter may be of great value to thousands in the prevention that is better than cure.

The fact that consumption is known to be an infectious disease has frightened thousands needlessly, since under healthy, normal conditions and proper hygienic living one is not apt to contract the trouble.

Consumption may result from repeated attacks of pneumonia, bronchial trouble, or chronic catarrh. In these conditions the lung tissues are left very much weakened, and unless active steps are taken to build them up to normal they become fertile fields for the development of the tubercular germ. A body greatly weakened and debilitated from any cause whatever may become subject to the disease, and living in poorly ventilated and unhygienic surroundings, with insufficient nourishment of the body may easily be invaded by tubercular germs.

Tuberculosis results from the development of these germs; they flourish in unsanitary, crowded quarters, and may find their way to street-cars, trains, dusty and dirty streets. The healthy normal body on breathing in these germs or acquiring them otherwise has sufficient vitality to destroy them, and hence does not succumb; but where the body is already weakened by some insidious disease that has crept along, destroying the resisting power of the body, then the tubercular germ finds a ready field for development.

Consumption, however, can be cured, and is being cured under the right measures. This may be accomplished at home without the least danger of other members contracting the trouble, so long as they keep the general health up to the average and observe proper living.

Even in cases where hemorrhages have occurred the sufferer has been cured, and in conditions where complete prostration have resulted cures have been effected. Every state and city now has literature with instructions as to the cure and prevention of this trouble, and everyone so afflicted should procure and study the same carefully. More people of consumptive tendency die from fear and neglect of this trouble than from the ravages of the disease—that is, in a majority of the cases a proper understanding of the conditions and rational treatment would enable the sufferer to turn the tide and throw off the disease.

Isolation is not necessary in these cases. True, one should observe precaution that the tubercular germ is not allowed to escape to contaminate others. Individual

drinking-cups should be employed, individual sleeping quarters, and individual clothing. All sputum should be instantly destroyed.

Plenty of fresh air day and night is absolutely necessary to a cure, since the lungs throw off a great deal of poisonous matter, which if breathed again but adds to the diseased conditions—like fuel to flame. Sleeping out of doors is a wonderfully helpful practice, and as this is being more and more resorted to, the sufferer soon comes to enjoy it. A porch or tent may be used, or any plan insuring plenty of life-giving oxygen day and night.

It is a recognized requirement for the cure of this trouble that the body be built up faster than disease can tear it down; hence a nourishing diet, taken in small quantities at frequent intervals, is necessary to success. It should consist of broiled tender steaks, well-cooked vegetables, plenty of milk, cream, and butter, whole wheat, corn or graham bread, eggs in abundance, used raw, soft boiled, baked, or poached. Eggs raw in milk are highly nourishing and easily digested. Pork should not be used, but beef and mutton, boiled or baked, can be used, as well as chicken, oysters, and fish. All food must be chewed most thoroughly and all liquids sipped slowly.

Vimedia does not cure consumption, neither does any other remedial agent; yet in these days consumption is cured right along. It is the sufferer's own forces, built up under natural laws, that fight the disease and vanquish it, and it is here that Vimedia does its great work in helping.

It is a simple, but successful system of home treatment that not only seeks to remove congestion and inflammation wherever located, but that seeks to build up the entire body. Anything that builds up the vitality of the body crowds out disease, and in this respect Vimedia is a great aid to Nature. Its use and the proper living under hygienic laws have proven the way to health for thousands.

The forms employed are the cerate, liquid, tonic, and such other forms as the complications may require.

VIMEDIA CERATE should be applied over the entire

chest and back twice daily, care being taken not to expose the body unduly and thereby contract cold.

VIMEDIA LIQUID is to be taken internally three times daily as directed, also used in an atomizer as a spray for the nose and throat. Begin with twenty drops of the liquid to a tablespoonful of boiled water and gradually increase the strength of the preparation until it can be used half and half. The atomizer should be thoroughly sterilized and cleansed upon each refilling. It can be filled so as to last for two days. The spraying should be done two to four times daily.

After using the spray, keep the preparation in a cool place, and when ready to use again warm it by placing the atomizer in warm water.

VIMEDIA SOVEREIGN TONIC will give additional strength until the body has sufficiently recuperated as to be no longer in need of extra help of this kind.

VIMEDIA CAPSULES should be used in the case of women.

VIMEDIA SUPPOSITORIES in the case of men, since the more of the upbuilding principle introduced into the body the quicker the results.

VIMEDIA LAXATIVES should be used to avoid constipation.

Hot baths should be used frequently to help the skin in the elimination of impurities, but these should be taken before lying down for a few hours' rest.

An abundance of fresh air and sunshine is one of the greatest enemies to the tubercular germ; dampness, darkness, and unsanitary surroundings make it the more prolific.

ASTHMA.

Asthma is a nervous affection liable to attack more especially those in middle life, whose nerves have been particularly depleted. It is a paroxysm of difficult breathing, usually occurring at night, though in advanced or aggravated cases the "spells" may occur at any time. It is rarely fatal, but the dreadful sense of constriction in the chest and the suffocation and anxiety of the moment

might lead the sufferer to think that it would prove to be so.

A sufferer from asthma must look to the building up of the whole body. The real defect is undoubtedly in the nervous system.

It is usually accompanied by bronchitis and the treatment is the same as for chronic bronchitis: the regular application of the VIMEDIA CERATE over the throat and chest once or twice daily. The regular taking of the VIMEDIA LIQUID internally and its use locally as a spray for the nose and throat in as strong proportions as can be borne, and the frequent use of cold compresses over the chest and throat, are helpful.

Vimedia Tablets are valuable in promoting good digestion and activity of the liver and Vimedia Laxatives to insure the necessary full daily movement of the bowels.

Putting the hands or feet in hot water sometimes abates the asthmatic attacks. Treatment by inhalation is effective as a temporary relief to the paroxysms of difficult breathing. This consists of drawing steam or warm vapor into the nose, throat, bronchial tubes, and lungs.

In acute inflammatory conditions this inhalation may be made use of frequently during the day, but for mild cases once daily is usually sufficient. It is not advisable, however, to use an inhalation just before going out into the cold air.

Plenty of fresh, pure air day and night and deep breathing are necessary aids to a cure.

Care in diet is very important in cases of asthma. Heavy meals should not be indulged in, especially at night, and the diet is to be carefully chosen as the least indigestion is liable to bring on attacks.

CHAPTER XXIX.

CATARRH OF THE HEAD AND THROAT.

CATARRHAL CONDITIONS are the most common troubles with which the human family is afflicted. Too frequently the trouble is at first neglected, and when active steps are taken to overcome it, the condition has already reached a chronic stage.

The word *catarrh* means, literally, "a running," or a discharge of mucus due to congestion and inflammation of mucous membrane. The mucous membranes line the various organs, cavities, and canals of the body. In health they are constantly moistened and lubricated by a slight mucus; in disease the cells are stimulated by the stagnant blood to unusual activity; large amounts of mucus are poured out, and the accumulation of mucus may become so great as to interfere with the normal functions of the body, and the loss from the blood of the albuminous elements and salts which the mucus represents becomes very debilitating to the sufferer.

While the term "catarrh" is usually understood to mean a catarrhal condition of the mucous membranes of the head, this condition is by no means confined to that particular part of the body. There is catarrh of the stomach, known as "gastritis"; catarrh of the bladder, known as "cystitis"; catarrh of the womb or vagina, known as "leukorrhea," etc. A chronic catarrhal condition starting with the head may extend throughout the mucous membranes of the body, producing catarrh of the stomach and bowels and catarrh of the lungs, and may, through neglect, develop to an incurable stage.

Congestion or stagnation of blood is the underlying cause of catarrh.

Those who suffer from weakened vitality, impure blood and inherited weakness are subject to frequent colds and frequent colds lead to catarrhal conditions. A

perfectly healthy person may, through exposure, neglect, overwork, or other means that temporarily lower the vitality and resisting powers of the body, become subject to a cold, but this is usually thrown off readily, if the proper steps are taken. Neglected colds lead to the further impairment of the body and increase its susceptibility to future attacks.

When a chronic catarrhal condition has become thoroughly established the discharges usually become thick, offensive, and may lead to destruction of tissue. In chronic conditions it is necessary that the whole body be built up to normal. Different treatment must be resorted to than in merely acute troubles. The nervous system has become involved, and through it every organ in the body, and thorough systemic treatment is necessary before a permanent cure can be established.

A cold so directly weakens the body that it is a menace to the general health and therefore it should never be neglected. Prompt measures mean speedy relief and an increase in the resisting powers of the body. Neglect means to lower the vitality and invite further trouble. At the first indication of a cold, which is usually a chilliness of the body, particularly the back, prompt measures should be taken to equalize the circulation by bringing the blood to the surface of the body, and for this purpose a hot bath is excellent. If not convenient at the time, a hot foot-bath should be used. After the hot bath one should go at once to bed, and under the covers have the VIMEDIA CERATE applied thoroughly over the spine and the chest; also, a VIMEDIA LAXATIVE should be taken.

The VIMEDIA LIQUID should be taken internally in five-drop doses three times daily, a half-hour before meals. A mixture of twenty drops of the liquid to a tablespoonful of water should be used in an atomizer as a spray for the nose and throat five or six times daily.

Heavy foods should be omitted; the diet being light and nourishing. Where a heavy cold has been contracted, prompt treatment and a quiet rest in bed for twenty-four hours will prevent pneumonia and expensive doctor bills.

The hot bath or hot foot-bath and the use of the laxa-

tive should be repeated the next night, and for a few days one should be careful as to diet, as oftentimes congestion and consequent cold are brought on by over-eating and inattention to bowel movement.

Chronic nasal catarrh results from repeated acute attacks or from acute diseases, fevers, etc. In this condition the mucous membranes of the nose and air-passages of the head become permanently diseased, and the mucous glands become so relaxed that their functions are either destroyed or very much interfered with.

The symptoms may differ. Thus in the early stages the sufferer may be only annoyed by a constant dropping in the throat, but that is a matter that should not be neglected. Sometimes this dropping is thick, ropy, and tough, requiring considerable effort to dislodge it, and is accompanied by constant hawking and spitting. The nose may be stopped up from the swollen and thickened condition of the mucous membranes, although in some cases the membranes of those parts are not so affected, but the passages remain clear.

All conditions are greatly aggravated in damp weather and in low altitudes. With the progress of the disease there is more or less headache or dull, heavy, disagreeable fullness in the head; a stupid, listless attitude; loss of appetite, and general languor. The vitality of the whole body is lowered.

The catarrhal condition creeps along the other mucous membranes of the body, and soon the bronchial tubes and lungs may be seriously involved, or the digestive tract becomes affected. When the catarrhal condition extends to the lungs, they more readily succumb from various exposures, offering a fertile field for the invasion of the tubercular germ, etc.

The discharge, which at first was thin and watery, becomes thick, ropy, and often streaked with blood, or of a more or less greenish hue. There is often ringing in the ears, and partial or entire loss of hearing. When the inflammation has become so extensive as to produce discharges which are thick and offensive, a destruction of tissue begins, and we have the ulcerated stage. Where

the ulceration extends deeper than the mucous lining it involves the cartilage and bones of the nose. The entire partitioning of the nose may be destroyed by this ulcerated condition, causing holes through the roof of the mouth.

Acute catarrhal conditions yield readily to the Vimedia natural system of treatment, since it is almost a specific for congestion and inflammation wherever located. Removing the cause of the trouble, the body readily responds in ridding itself of the symptoms.

The same rule applies to chronic conditions, but where the resisting power of the body is much below par and the recuperative strength almost exhausted, a longer time, with very thorough use of the treatment, is required to reach and remove the abnormal conditions. As in other diseases, more than the local trouble is involved. The nervous system is very much depleted and needs special upbuilding. The blood has become impoverished and is impure from the accumulation of impurities, and the circulation is sluggish. Every organ in the body has become more or less affected, and a thorough systemic treatment, such as Vimedia presents, is necessary for results. Vimedia's record in these chronic conditions is one of repeated success.

VIMEDIA CERATE should be applied nightly over the spine, especially over the muscles between the shoulders, through which branch out the nerves which control the circulation to the head; also over the nose, lower forehead, and back of and below the ears, if they are affected; also over the throat.

VIMEDIA LIQUID should be used internally as directed and should also be used locally as a spray for the nose and throat. One should begin with twenty drops of the liquid to a tablespoonful of boiled water and use in an atomizer night and morning. Increase the strength of the preparation and the frequency of its use, as one becomes accustomed to it. If the spray gags, a gargle of the mixture may be used instead. After spraying, anoint nostrils with cerate to prevent taking cold and to keep membranes lubricated.

VIMEDIA SOVEREIGN TONIC should be taken during the first few months' treatment, since a special tonic is necessary to increase the resisting powers of the body.

Diet should be light and nourishing, food being taken at frequent intervals in small quantities, rather than the usual three heavy meals daily. All food must be chewed thoroughly and reduced to practically a liquid before swallowing. Rich, greasy, heavily spiced foods, strong tea and coffee, should be avoided.

Keep a teakettle boiling on the stove; keep the water-pot of the furnace filled; whatever your method of warming the house, always provide some evaporating water, to prevent the drying out of the atmosphere. Air without moisture dries the mucous membranes of the nose, throat and lungs and promotes catarrhal diseases and cold-taking.

VIMEDIA LAXATIVES should be used when necessary, since a full daily movement of the bowels is absolutely necessary to outgrow the trouble.

CATARRHAL DEAFNESS.

Catarrhal deafness results from the inflammation extending through the Eustachian tube, the passage between the middle ear and the throat. This tube gradually thickens, and partial deafness results. The trouble creeps on so insidiously that it is usually well advanced before the sufferer is really aware of the extent of the disease.

For a long time there may have been more or less head noises, particularly aggravating during severe colds, and at such times the sufferer has noted more or less deafness, and some day realizes that the deafness is permanently established, regardless of whether an acute cold is present or not. When the inflammation extends to the point of ulceration, the delicate mechanism of the ear-drum may be totally destroyed.

Treatment for catarrhal deafness should begin early, before permanent thickening of the parts has taken place. The Vimedia treatment used promptly in acute conditions will save much suffering and much expense, but where the trouble is far advanced patience and perseverance in

the use of the treatment are necessary to obtain anything like marked benefits.

The treatment for this trouble is the same as for chronic catarrhal conditions, with the addition of an ear treatment, prepared by dissolving VIMEDIA CERATE of about the bulk of three white beans in a tablespoonful of warm olive oil and dropping two or three drops of this in the ear nightly, after first thoroughly cleansing the parts with a little warm water and Castile soap.

In cleansing the ear, hold the head over on the side, so that none of the water will run into the internal channels or passages of the ear; then the external ear should be thoroughly dried with pieces of absorbent cotton, and the special Vimedia treatment, as outlined above, should be warmed (never use cold) and dropped into the ear with a dropper, one or two drops twice daily. The cleansing of the external ear need be done but once daily. The VIMEDIA CERATE should also be applied thoroughly about and below the soft parts of the ear twice daily.

ADENOIDS.

Adenoids, so frequently found in children, are merely thickenings of the mucous membranes, due to repeated colds or other irritations.

The parts are always in a state of low-grade inflammation, pouring out a mucous secretion; hence snuffles, running of the nose, etc., are symptoms constantly present. These membranes being chronically inflamed, colds develop from the slightest exposure, slight changes in the temperature, dampness and cold feet, the latter being a prolific source of colds.

Where not extensive, they may be removed through the use of this natural system of treatment. Where the trouble is so extensive as to require surgical measures, the treatment should be employed afterward to build up healthy tissue and prevent the return of the catarrhal conditions.

Young children should be carefully watched for the appearance of this trouble. Mouth-breathing indicates something wrong, and where this cannot be located by

the parents a physician should be consulted. Frequently, children who will not talk, who appear dull and listless, who are small for their years, are suffering from adenoid growths, which, by interfering with their breathing, cause them such oppression and discomfort as to indicate stupidity, while the restricted supply of oxygen makes proper physical growth impossible. Remove the growths and the child becomes bright, active, and talkative. Care must be exercised that these do not appear again.

The use of Vimedia treatment restores tone and strength to these parts as well as to the whole body. Since the process is largely one of absorption, it cannot be very rapid.

By restoring a normal nervous tone and active circulation, Vimedia establishes a permanent cure.

POLYPUS.

Colds and other irritating causes that produce inflammation of the lining of the nose often produce what are known as "polypous growths." These are small, sac-like growths that hang in the nose. When neglected until they develop to the extent of filling the entire cavity, they may have to be removed with instruments. Early attention should be given this condition, and the natural tone of the delicate membrane restored before the condition becomes so chronic as to require surgical measures, which would afford but little relief, the growths reappearing as long as the membrane is diseased.

Should, unfortunately, in some cases the condition already be so serious as to require surgical measures, immediate steps should be used afterward to restore natural tone and strength to the mucous membranes, build up the nervous system, purify the blood, and stimulate the circulation. These measures are best employed through the use of the Vimedia treatment.

TONSILLITIS.

The tonsils are two small oval glands on either side of the throat and their function is to aid in the production of white blood-corpuscles, as well as to act (like some

glands in other parts of the body) as strainers, retaining infectious germs which have found entrance into the body, so as to allow the white corpuscles to battle with and destroy them. This is the reason for the swelling of the tonsils in conditions of acute colds.

Tonsillitis, or inflammation of the tonsils, occurs more commonly in children and young people and is caused by exposure to cold and dampness, continued congestion of the throat, and by infectious germs entering the little follicles or sacs composing the gland. It is accompanied by fever, pain, difficult and painful swallowing.

Repeated attacks of acute tonsillitis lead to a chronic congestion and inflammation, characterized by a swollen condition and redness of the tonsils and more or less pain, and may lead to ulceration and destruction of the tonsil-tissue.

In conditions of this kind the use of the Vimedia treatment is highly beneficial and curative, and it should be employed thoroughly and in time so as to prevent ulceration.

VIMEDIA LIQUID should be used locally through a spray or atomizer; ten drops to a tablespoonful of boiled water to begin with and in severe cases this may be gradually increased until it is used half and half. Small doses of the liquid, 2 or 3 drops, three times daily in water may be used internally.

VIMEDIA CERATE should be rubbed thoroughly into the neck and throat as well as into the spine after preparing the skin with hot compresses. After the Cerate rub a cold compress placed around the neck and thoroughly covered with flannel, may be left on all night, and this "steaming" will aid in overcoming the internal congestion.

VIMEDIA LAXATIVES should be used, if necessary night and morning, to insure free bowel movements.

A VIMEDIA CAPSULE may be slowly dissolved in the mouth several times a day, and materially hastens the process of recovery.

Light and nourishing diet should be used and the patient should remain in bed during the acute stage, in a well ventilated room, avoiding exposure to draughts.

HAY FEVER.

Acute attacks of catarrh at regular intervals, to which some persons are liable, are more popularly known as "hay fever," "hay asthma," "rose cold," because these attacks are brought on from the presence of certain pollens or special atmospheric conditions. These are conditions hard to reach, because the sufferer ordinarily will not persevere in the use of proper measures after the severe attacks are over. These conditions always require a great deal of constitutional upbuilding, which the average sufferer does not fully appreciate.

The attacks begin with itching of the nose, long-continued and exhausting spells of sneezing, free watery discharges from the nose and eyes, great stuffiness of the head, and the general wretchedness experienced after contracting a severe cold.

Some of these conditions become so chronic as to be practically incurable, but numerous cases have yielded to the use of the Vimedia treatment. It is necessary, however, that the treatment be begun well in advance of the usual attacks, and that it be persisted in for a reasonable length of time.

The treatment is the same as for chronic catarrh.

Care should be exercised in the diet and as to the clothing. Constipation must be avoided, and plenty of fresh air, bathing and rest should be obtained. Some sufferers have the idea that the night air is bad for them, and shut themselves up in ill-ventilated rooms, and then wonder why they grow worse. Plenty of fresh air at night is as necessary as fresh air during the day.

THROAT TROUBLES.

In whooping cough, croup, and other throat troubles children derive excellent results from a thorough application of the cerate over the throat and chest twice daily and over the spine once daily. A little of the cerate, about a quarter teaspoonful given internally, has been used in some households, with very satisfactory results. VIMEDIA LIQUID is helpful both taken internally and used as a gargle, properly diluted.

CHAPTER XXX.

THE STOMACH.

Power in the individual, peace in the home, success in business, not less than "victory in war is won first in the commissary department."—*U. S. Grant.*

THE HUMAN BODY is the most wonderful and intricate machine on earth. Like all other machines, it is constantly wearing out, yet, unlike manufactured machines, it is constantly rebuilding itself.

The material for rebuilding must be taken from the food eaten; hence upon its quality and the perfection with which the process of extracting its value is carried on in great measure depends the condition of the machine.

The digestive tract, in which the valuable part of the food is extracted, is a most remarkable chemical laboratory. Its main divisions are the mouth, stomach, and intestines.

The first step in digestion is the chewing of the food in the mouth, where it is mixed with the saliva and prepared for the stomach. If the food is not chewed thoroughly or not well mixed with saliva, it is only half prepared for the stomach and gives that organ work to do which was not intended for its special mission, and, of course, there is complaint. Not only should the food be chewed thoroughly for the purpose of digestion, but one really gets more pleasure and taste from the food when chewed thoroughly than when bolted down in a hasty manner.

Nature's plan is certainly not that of that Frenchman who invented the omnibus, of whom it is related that as far as possible he swallowed his food without tasting it, deeming it a sin to satisfy the appetite in any degree avoidable. Chewing thoroughly brings out all the flavoring and taste of the food and makes the plainest dish not only

pleasant and satisfying, but far more digestible. Indeed, to be nourishing, food must be palatable.

Another factor in chewing slowly: the appetite is sooner satisfied, and there is not so much danger of overburdening the stomach. As a nation we eat too much. We should learn to eat less and to enjoy our food the more thoroughly.

The mastication and salivation of the food is the only portion of the digestion regulated by the will, hence it should be given careful consideration. The fact that rapid eating is unwise is quite generally recognized, but few realize why, and attach too little importance to advice upon this subject.

In rapid eating the flow of saliva is not sufficient to properly moisten the food and fully exert the chemical influence. As this secretion is, to a great extent, productive of taste, the food seems insipid, and when insufficiently broken up is in no fit condition to be affected by the stomach, since the digestive juices are unable to penetrate the lumps and the heavy mass lies inert—a burden to that much-abused organ, a source of distress and pain to its owner.

Under proper mastication, the saliva causes the starch of the food to be changed to sugar, as the body can only absorb it in that form. When it reaches the intestines it is absorbed directly through the walls into the branches of the portal veins, by which it is carried to the liver, to be stored there and given out little by little, as the system demands.

In the stomach begins the digestion of the proteids—meat, eggs, etc. The stomach is a pouch, having a capacity of about five to eight pints, but capable of great distention. Ordinarily it is of a pale gray color within, but on the approach of food the lining flushes a pale pink from the influx of blood to its capillaries; the color grows deeper, the glands in the walls of the stomach, in obedience to nerve stimulation, pour out their peculiar digestive fluids, and the stomach begins a peculiar churning motion which works the food over and over and mixes it with the gastric juice. During this process thousands of glands in

the walls of the stomach take up the parts of the food easily assimilated and deliver them directly to the blood, by which it is carried throughout the body. That part which is not sufficiently digested is passed on to the intestines, where, under the action of the pancreatic and intestinal juices and the bile, the process of digestion is completed, all waste being carried on out through the large intestine and the rectum.

In health gastric juices of the right quantity and quality pour out to promote normal digestion. In diseased conditions, or under temporary abnormal conditions, this flow is checked and the food remains in an undigested mass. Sudden chill to the stomach, as from large quantities of ice-water, etc., may prevent the flow of the digestive juices. Over-heating, over-work, undue fatigue, a nervous strain, or mental depression, may act in like manner; lack of reasonable exercise, irregular and indiscriminate eating—all are factors in bringing on trouble with this organ.

When the process of digestion is partially suspended there is proportionate loss of power in taking up the nutriment from the food, and the body suffers. Nutriment is that which the body can make use of; all else is waste; hence the many new lines of research on the matter of proper diet.

One's proper diet, however, is very largely a matter of individuality. There are some general rules that apply; outside of these, every one must be a law unto one's self. The trend of modern investigation is for less food, eaten slowly, and taken less frequently, and the living along more natural lines; for Nature never intended some things should be eaten which have been concocted to please the palate of man.

INDIGESTION.

Indigestion means "non-digestion." The food has been taken too hastily or in too great quantities for the stomach to take care of it. In some cases chemical changes take place which produce gas, and this keeps the stomach unnaturally distended and puts pressure on

the heart and lungs. Flatulency and heartburn result. When chronic, palpitation of the heart is a prominent symptom, which can only be overcome by removing the cause—indigestion.

As the food is non-assimilated because it is not in shape to be assimilated, there is still a demand on the part of the body for nourishment, and the more one eats the more hungry one often becomes. There is a feeling of pain and weight in the stomach and often great thirst. Headaches usually follow, and constipation is a common feature. The whole body is made aware of the disturbance in this kitchen of the house and the whole body responds in sympathy. The governing power becomes disturbed, and the sufferer becomes blue and melancholy without any outside reason. There cannot be war in the stomach and peace in the head. Loss of sleep and appetite follow, and the chronic sufferer becomes a complete physical wreck.

Often in cases where the greatest care is observed in the diet and its selection, in the chewing of food and its preparation, indigestion still persists; but this form of indigestion arises solely from a weakened and disturbed nervous sytsem, and until the cause of that trouble is removed there is little benefit in treating directly such a form of indigestion.

Reflection shows how digestion is primarily a nervous function. Upon the strength of the nervous impulses depends the quality and quantity of the digestive juices. In this connection it is of interest to note that there are physiological and psychological as well as moral grounds for the custom of saying grace before meals. As an expression of thankfulness and appreciation it contributes in a direct measure to a quiet mind, unruffled nerves and sound digestion.

It may be readily observed that continued disturbance of the nervous system through any cause whatsoever will upset the digestion; continued pain in any part of the body affects the nervous system, and through the nervous system reflexly other organs, therefore we usually find indigestion as a reflex symptom that will not disappear until the cause is sought for and removed. Par-

ticularly is this true in cases of women suffering from uterine irritation.

The digestive tract is the fountain-head of the house; as it becomes disturbed the millions of workmen, the cells, all over the body do not receive their proper materials, and they are therefore unable to attend to their work properly; hence the trouble is felt to the utmost—to the tiniest nerve-cell. Everyone recognizes that food is life, and that one must eat to live, but few recognize the fact that careful eating means right living. Nature puts up with a great deal and we abuse her to a most alarming extent, but in the end we most surely have to pay the price, since all these things are governed according to fixed laws, like those governing the rising and setting of the sun.

Indigestion not only entails dullness, irritability, discomfort, and impairment of all the vital forces, but it means a lowering of resisting power. The sufferer becomes a more ready victim to disease, resort to stimulants is often made in vain, and efficiency and life itself are sacrificed.

As the stomach is an organ difficult to leave long wholly at rest, it is evident some artificial help is necessary until it can regain its normal tone and activity, and in the Vimedia Tablets an artificial digestant is supplied to assist the stomach in its work for a time. Any artificial digestant, however, is merely a temporary substitute for Nature's secretions; it cannot wholly do the work of Nature. However, as with a laxative, its use is sometimes necessary for relief, but we must go further and accomplish more to re-establish health.

In the first place it is necessary that the nervous system be strengthened and built up, and pure blood made to circulate freely throughout the body, so that the other organs, particularly the liver and kidneys, are made to functionate normally. This the use of Vimedia in its several forms most directly accomplishes, the upbuilding of the body being begun from every available point.

Rigid dieting is not necessary, though over-eating, of course, is to be avoided. Plain, nourishing foods should

be used, and rich, highly stimulating foods of whatever nature should be avoided. One should be observant of the foods that agree and those that disagree and be guided accordingly.

All food should be chewed thoroughly and all liquids sipped slowly. Too little food should be taken rather than too much, for too little of the right kind would be easily assimilated, while too much of the wrong kind would give trouble that would take days to correct.

Common sense and prudence are necessary factors in establishing a cure. One can only assist Nature, one cannot force her. With the right kind of assistance she will accomplish wonders in one's behalf, and by a careful observance of her laws the most chronic sufferer may become well. Vimedia, as an aid to Nature, helps her at a time when she is sore beset, and the faithful use of the remedies a reasonable length of time hastens the great work that Nature has undertaken to accomplish. Without such a reasonable help as Vimedia she may struggle along, but not very successfully, while life becomes a weary burden to be borne.

VIMEDIA TABLETS are to be taken three times daily at or after meals to assist and strengthen the stomach's action and to gently stimulate the liver.

VIMEDIA CERATE is to be applied daily over the stomach, bowels, and entire length of the spine.

VIMEDIA LAXATIVES are to be taken at night, where there is constipation.

VIMEDIA CAPSULES are to be used in the vagina in those cases of women where uterine trouble exists.

VIMEDIA SUPPOSITORIES are to be used in the rectum if there is any rectal trouble.

VIMEDIA LIQUID is to be used according to directions.

CATARRH OF THE STOMACH.

(GASTRITIS.)

Catarrhal conditions of the mucous membranes lining the body may be found at any point. When present in the lining of the stomach, we have catarrh of the stomach or gastritis. Anything which tends to bring on acute

congestion of the blood-vessels of the mucous lining tends to produce inflammation and a pouring out of mucus. In stomach trouble this may be brought on from colds, over-work, iced foods or drinks, over-eating, bolting the food, stimulating foods or drinks, excitement, mental strain, grief, and numerous other causes.

Congestion of the mucous membrane lining the stomach means a pouring out of the mucous secretions that materially weakens the gastric juice; this, in turn, interferes with digestion, and malnutrition results. Nausea and vomiting may be so persistent that practically no food is absorbed, and emaciation and weakness become extreme.

Proper circulation is interfered with, and the stomach becomes bloated and tender. Belching of gas is a common symptom, and frequently a sour liquid is belched up. Appetite becomes variable; sometimes there is no desire for food, and then again the sufferer cannot get enough. At the beginning there is usually constipation, but with the progress of the disease and its extension throughout the alimentary tract a form of diarrhea may ensue, and mucous discharges be very observable in the stools.

A remedy which merely digests the food simply does the work which Nature intends the stomach to perform, and in this way makes that organ less able to do its work. The sufferer often finds that a merely temporary relief really makes later conditions worse than the first, and that under the artificial help alone there is no gain in vitality and strength.

Dieting alone does not materially help, since the condition is one of nervous depletion, congestion and inflammation, which is not reached by dieting alone. The stomach pump is a barbarous method, which renders the nerves of the stomach weak and incapable. While it is true that the presence of the mucus in the stomach interferes with the digestion, pumping it out does not reach the cause of the unnatural secretion, and until the cause is removed more will readily accumulate.

Vimedia is curative, not merely palliative, and it should bring a gradual and positive correction. It is necessary

for results, to go back of the symptoms to the cause of the trouble, and this is to be found in the congested condition of the mucous lining. Congestion means stagnation of blood, and as the contractive and relaxative power of every blood-vessel is under the control of the nervous system, to force on this congested blood we must go back to first principles and build up the nervous system, so that it does its work properly. Nature is quite competent to right the trouble with reasonable assistance, and this she most surely finds in the Vimedia preparations.

The tablets supply vegetable digestive principles to relieve the stomach of some of its burden, but this in itself does not perfect a cure.

Under the full treatment the nervous system is revived and strengthened, the circulation through the parts is normally established, and tone and strength given to the stomach, so that it can perform its work without undue effort and without pain. A reasonable time allowance must, of course, be made to effect a cure in accordance with Nature's laws—the only kind of cure that lasts.

Of course, it is presumed that the sufferer, having had one trying experience, is not anxious to go through a similar one, and will observe due precaution in the care of the health, since there is no experience in Nature which says that a breaking of law has gone unpunished.

To invite back the old troubles through indiscreet and unnatural living will be followed by their return.

VIMEDIA LIQUID should always be used in catarrh of the stomach, since it is almost a specific for catarrhal conditions, wherever located. Beginning on three-drop doses three times daily, the amount should, after a time, be increased gradually until the regulation dose, ten drops, can be used.

VIMEDIA CAPSULES twice daily taken into the stomach will prove additionally helpful in severe conditions.

VIMEDIA TABLETS should be taken after every meal wherever indigestion, liver or bowel trouble exists.

VIMEDIA CERATE is necessary to apply externally over the stomach and bowels and over the spine.

VIMEDIA SOVEREIGN TONIC may be used if weakness exists.

Other forms of Vimedia should be used if conditions require them.

CANCER OF THE STOMACH.

Cancer of the stomach, being a malignant trouble, is one that does not come within the clinical range of the Vimedia treatment, hence it is not invited under it; but severe ulceration of the stomach, sometimes mistaken for cancer, can be reached and overcome.

ULCERATION OF THE STOMACH.

Ulceration denotes inflammation so severe as to cause destruction of tissue. As the stomach is an organ difficult to put at complete rest, it is difficult to treat for ulceration of this organ. In ulceration of the stomach there is always a dull gnawing and sickening pain, aggravated by eating and relieved by vomiting. If the ulcer is on the front wall of the stomach, it is relieved by lying flat on the back; if on the back wall, by lying face downward.

Hemorrhage from the stomach is a frequent symptom, the blood either being vomited up or passing away in the stool, causing dark, tarry stools. The loss of blood causes great anemia, and sufferers from ulcer of the stomach are usually very pale, weak and thin.

The immediate danger in ulceration of the stomach is perforation of its walls; hence care should be taken to get complete rest, the sufferer remaining quietly in bed. Only liquid food should be given, and not that if the ulceration is so extensive as to make the stomach refuse the nourishment. In such conditions liquid food must be introduced through the rectum.

As VIMEDIA CERATE applied externally affords considerable direct nourishment, as well as invaluable help in drawing out the inflammation, it may be used freely two or three times daily over the entire body, but over the stomach it should not ordinarily be rubbed in, but applied in the form of a cerate plaster.

Usually, the VIMEDIA CAPSULES, when swallowed, can be borne by the stomach when no other nourishment or

medication can be taken. One of these should be divided into two parts and one part given every hour, if well borne. Later a whole one may be given every three hours.

VIMEDIA LIQUID should be used in three-drop doses, well diluted, when conditions begin to improve.

VIMEDIA CAPSULES should be used by women in the vagina also, whether uterine trouble exists or not, since up to a certain point the more Vimedia that is introduced into the system the more rapid the improvement.

VIMEDIA RECTAL SUPPOSITORIES should be used in the case of men for the same reason.

All such conditions should be reported promptly and very fully to the Hygienic Department.

CHAPTER XXXI.

THE BOWELS.

THE INTESTINES are the part of the alimentary canal into which the food is received after being partly digested in the stomach. In them the remaining nutritive properties of food are absorbed and the waste carried out. The intestines are divided into small and large, and their muscular coat is similar to that of the stomach. The small intestine, more than any other part of the digestive system, is the place where digestion and absorption takes place. Into it the liver pours the bile, which is not only a natural digestant and lubricant, but a laxative and antiseptic as well, and the pancreas pours the pancreatic juice which contains all the elements necessary for the digestion of all foods. The bile and the pancreatic juice complete the digestion which the saliva and the gastric juice have begun. The large intestine is a continuation of the small, and at the right groin it turns upward, forming what is known as the "ascending colon," then it passes across to the left, just above the navel as the "transverse colon," and then downward to the left groin, forming the "descending colon."

Minute cone-like projections cover the inside surface of the small intestine, each projection containing a network of blood-vessels and a lacteal tube. These tubes absorb the digested fats and proteid foods, which are then carried through the lymphatic system into the blood, while the blood-vessels of the intestines take up the sugars and salts and carry them through the portal system to the liver, where the sugars are stored up for future use and the salts are used in the production of the bile-salts.

When all the different organs of the body are performing their work as they should, the process of digestion goes on steadily without conscious attention from the governing power of the house; but when any organ becomes

sluggish and does not perform its work, not only is digestion interfered with, but the bowels also become more or less luggish, and constipation, diarrhea, or catarrh of the bowels results.

Constipation is one of the chief factors of most bodily disorders. The retention of waste that should be carried out cannot but harmfully affect the body, hence it is very necessary that there be a full movement of the bowels regularly every day. Whatever interferes with a normal movement of the bowels interferes with the general health, hence no time should be lost before seeking for and removing the cause of the trouble.

Often this is too hasty eating and improper mastication of food. The bowels, instead of receiving the food partly digested by the saliva and by the stomach juices, get it in masses and lumps, and then trouble arises. Food taken under high nervous strain, mental distress, or fatigue, is not properly mixed with saliva, and must be a source of distress. If the liver does not work, some secretions are lacking for the proper digestion of the food, and constipation becomes a fixed habit. Frequently in women we find mechanical interferences with the movement of the bowels, such as displacements, etc.; but, whatever the cause, it must be sought for and removed until normal bowel action is re-established.

One thing is absolutely essential to a normal bowel movement, and that is the habit of attending to it regularly. Nor is it advisable to wait for the desire. Perhaps conditions are such that there will not be any inclination, but just the same a regular time should be given to this important function, and that time always observed. Usually, in the morning after breakfast there is a stimulation of bowel movement, and this is a good time to attend to it. (See the direction booklet for using Vimedia Laxatives.)

If, upon investigation, one finds that an excess of starchy foods has caused the trouble, as shown by a bloated state of the bowels, one should cut such articles of food off from the diet list for a time, and use more juicy fruits, figs, prunes, lean meats, and such vegetables as spinach,

tomatoes, beets, turnips, celery; also use whole wheat or rye bread, or cracked wheat or whole wheat breakfast foods, also pop-corn.

If an excess of food is taken into the body, of course the constipation cannot be righted. The one who over-eats pays for his food twice—once in cash, the second time in the loss of strength and health. We should learn to eat less, chew all food thoroughly, sip all liquids, and take plenty of time for the business of digestion.

When the call of Nature for defecation is neglected or not invited, waste is retained and parts of it are reabsorbed into the blood and carried throughout the body, poisoning the whole. The brain also suffers from the impure blood, and we have a dull, stupid, sluggish feeling. The waste that remains becomes hard and dry and renders defecation painful and difficult. The constant straining to relieve this condition produces other distressing features.

The bile secreted by the liver is Nature's laxative and as it passes little by little from the gall-duct to the small intestine it excites the peristaltic movement of the bowels; hence it is very important that the liver be kept in normal funcionating condition. Sometimes the nerves of the intestinal tract are very much debilitated through general diseased conditions of the system, which will cause the bowels to become inactive and constipation follows.

A chronic constipation is too often treated with powerful purgatives, which purgatives give but temporary relief, and the constant use of such tends to produce partial paralysis of the bowels. Purgatives powerful enough to force on the hard, dry waste cannot but have a detrimental effect upon the stomach, and this, together with the poison that is absorbed into the body from the accumulation of waste, is the active cause of three-fifths of the common ailments that afflict humanity.

To relieve constipation permanently, it is necessary to seek and remove the cause. If it arises from displacements, as is common with women, then only the correction of the displacements will effect a permanent cure. As a rule, however, the condition has become chronic, and therefore not only must the displacements be corrected,

but the sluggish liver restored to activity, the nerves of the intestinal tract strengthened, and in fact the whole body built up and placed on a proper functionating basis.

The VIMEDIA CERATE should be applied over the stomach, bowels, and spine, particularly the latter, to strengthen and build up the nervous system on which the functions of the various organs depend.

In using over the abdomen, the cerate should be thoroughly massaged in. A good way is to begin at the right groin and, with a screw-like motion, knead upward until the short ribs are reached, then across over the transverse colon to the descending colon, then downward to the groin. This promotes the peristaltic movement of the bowels, which is so essential to the proper elimination of waste.

VIMEDIA LIQUID should be used according to directions.

If the trouble arises from an inactive liver, then this organ should be gently and regularly stimulated until it performs its functions more normally, and for this purpose nothing is better than the VIMEDIA TABLETS. In conjunction with them the VIMEDIA LAXATIVES must be used until the bowels move fully every day without aid. Overloading the stomach and bowels must be strictly avoided, and too little food should be taken, rather than too much.

If the trouble arises from indigestion, the use of the tablets is still necessary, as they contain vegetable digestants to help the stomach until it can readily perform its own work.

Strong purgatives do more harm than good, as one can readily understand upon reflection. On the other hand, too frequent flushing of the bowels by means of rectal enemas is also weakening; their regular use causes the sphincter muscles to lose their relaxing and contracting power; their use, if resorted to in acute constipation, should be alternated with the VIMEDIA LAXATIVES, as long as outside means are necessary to move the bowels. Much help is obtained in some conditions through the use of the VIMEDIA SUPPOSITORIES to strengthen the lower bowel to aid evacuation.

Every individual is a law unto herself or himself re-

garding the matter of diet, and what is constipating for one may not be for another; hence everyone should study one's own equation carefully, and follow the plan one's experience demonstrates as the best suited to one's self. In a general way, too many starchy foods should be avoided, as well as rich, greasy, and highly seasoned foods. Coffee and tea are constipating to many and should be excluded from the diet if any such effect is noted. Hot water may be sipped at meals or a reasonable quantity of cold water (not iced), although not much liquid should be used at that time. All food should be chewed until reduced to a semi-liquid state.

Constipation, as mentioned before, is one of the most common ailments that afflict the human family and one usually treated most irrationally. Always the cause must be sought and removed, the nervous system revived and strengthened, the blood made to circulate freely. Then a complete cure is established. One must exercise reasonable care in selecting one's foods, and be leisurely and thorough in eating, or other measures can give little help and the sufferer is left an easy victim to other diseases. She becomes dull, listless, and mentally incompetent because of the poisonous matter carried throughout the system, instead of being eliminated through the natural channels.

Chronic constipation is not usually cured quickly, but requires careful righting of all the conditions, and a persistent upbuilding of the body under natural methods. Vimedia offers a safe, sane, and logical way of overcoming this trouble, and has achieved cures in many cases that seemed hopeless.

AUTO-INTOXICATION OR SELF-POISONING.

This is one of the most common disorders with which people are afflicted and is brought about in most instances by wrong eating, either eating too much or eating an undue variety of things at a meal, which causes indigestion, and a sluggish condition of the excretory organs, such as the skin, kidneys, liver and bowels, also the lungs.

Some of the symptoms of self-poisoning are anemia,

or poverty of the blood, languor, that tired feeling, mental dullness, headaches, various pains and aches throughout the body, a lack of interest in things and a general falling below mental and physical par.

When we take more food into the stomach than the body can use, Nature's first method to get rid of it is to decompose it. This produces what is called super-acidity or fermentation.

On account of the excess of acid, food is forced into the intestines too quickly and ferments in the upper intestine. This produces poisons, which are absorbed into the blood and become a source of a great deal of trouble.

No greater mistake can be made than to seek a remedy in palliative drugs, to overcome the headaches and pains present, or in stimulants to relieve the languor and weariness or cure the anemia. By such processes we merely throw an additional poison into the self-poisoned body. We deceive ourselves with a stimulant, but we do not reach and remove the cause.

Any theory of correcting disorders without removing their cause violates the greatest law of physics.

The Vimedia system of treatment is particularly adapted to overcome auto-intoxication, because it reaches and overcomes the cause of the trouble by reviving the activity of the nerves supplying the digestive and excretory organs enabling them to digest fermenting food or to carry it out and causing pure blood to circulate freely through the entire body.

Only a plain, nourishing and easily digestible diet is permissible, and over-eating should be strictly avoided. Special directions from the Hygienic Department will be cheerfully given.

VIMEDIA CERATE should be applied thoroughly on the spine as well as on the abdomen every night.

VIMEDIA LIQUID is taken internally according to direction.

VIMEDIA TABLETS are taken, one after each meal, and in severe cases, before meals also.

VIMEDIA LAXATIVES should be used night and morning and noon until the bowels act freely every day.

VIMEDIA CAPSULES should be used if there is any derangement of the uterine organs.

VIMEDIA TONIC should be taken if great weakness and languor are present.

VIMEDIA SUPPOSITORIES should be used in case of any rectal trouble.

CATARRH OF THE BOWELS.

A catarrhal condition of the bowels, like that of the nose and throat, results from an over-secretion of mucus, which produces a form of diarrhea. This trouble may arise from acute diarrhea which has not been completely cured; from the injudicious use of powerful purgatives; from unwholesome food, bad air, long exposure to dampness and cold, over-work, excessive heat, exhaustion, and extreme mental activity or shock. Frequently it is a condition that has extended from the nose and throat, and is one that has become systemic.

In this condition we find the reverse of constipation, There are frequent discharges from the intestines; these vary according to the different causes producing the trouble. Sometimes they are dark and offensive, but are more or less liquid from the excess of mucus discharged. Sometimes griping accompanies the evacuations; appetite is impaired; there is great general debility and much nervousness and irritability; the complexion becomes sallow, the skin dry and rough, and the body very much emaciated, since the food taken into the system is not properly digested, but is carried out in a highly undigested form.

If unchecked, the condition is likely to result in ulceration and complete destruction of the bowel tissue. When the disease has become firmly established, the whole system is so greatly debilitated that the power to rally is lost, and the sufferer drifts on into a rapid decline. Sometimes the condition develops into tuberculosis of the bowels.

In this condition, just as in chronic constipation, removing the exciting cause is not sufficient. The whole body needs to be toned and strengthened, and therefore

the Vimedia treatment most thoroughly meets the requirements of the conditions and establishes results where other methods have failed.

VIMEDIA LIQUID is to be used internally for this condition, and where complicated with catarrh of the nose and throat the liquid should also be used locally as a spray. (See directions for "Catarrhal Conditions.")

VIMEDIA CERATE is to be applied daily over the stomach and abdomen and down the entire length of the spine.

VIMEDIA SUPPOSITORIES are to be used in the rectum nightly.

VIMEDIA CAPSULES taken into the stomach 2 or 3 times daily have a very beneficial effect.

VIMEDIA TABLETS should be taken at or after meals where the liver is deranged and where intestinal indigestion is present.

VIMEDIA SOVEREIGN TONIC should be used where there is nervous debility.

ACUTE DIARRHEA.

In acute diarrhea arising from a number of causes, there are frequent liquid evacuations, usually accompanied by pain. Inattention to diet is a frequent source of the trouble—impure water, heavily iced water, unripe fruit, etc.

In these conditions the VIMEDIA LIQUID, taken in five-drop doses every three hours in hot water, is highly beneficial. In some obstinate conditions the swallowing of a capsule several times a day, especially on retiring, has been most effective. Also, the cerate should be applied once or, if possible, twice daily over the stomach, abdomen, and lower spine. The feet should be kept warm, and the sufferer should remain quietly in bed for a reasonable length of time.

ULCERATION OF THE BOWELS.

As a result of continued severe inflammation of the bowels, or because of their infection as in typhoid fever, the bowel tissues break down, forming ulcers or sores. The walls of the bowels may become almost as thin and as easily ruptured as tissue paper. It is this, with the

accompanying danger of hemorrhage of the bowels, that renders typhoid fever so dangerous and which necessitates that the typhoid patient be kept very quiet and be well nursed.

A truly invaluable aid has been derived in many such conditions through the free application over the region of the bowels of the Vimedia Cerate in plaster form. The remedy is also successfully conveyed to the intestinal tract by swallowing a Vimedia Capsule, gelatine shell and all. In some instances, the absorption of a Vimedia suppository used in the rectum has proved very helpful.

The importance of a light diet in such conditions is generally recognized. A raw egg beaten with a glass of fresh milk, given about four times daily, constitutes the best form or nourishment

APPENDICITIS.

Appendicitis is an inflammation, either acute or chronic, of the vermiform appendix, that small worm-like appendage of the large intestine at the point where the small intestine empties into the large intestine (the ascending colon), in the right lower region of the abdomen.

It is characterized by more or less fever, pain, tenderness on pressure, nausea and vomiting. In severe cases with much pus-formation, a decided swelling may be observed over the site of the appendix.

The cause of appendicitis is, in the majority of cases, continued constipation, and a reverse peristaltic movement of the bowels, forcing fecal matter into this small sac.

Some cases may be caused by the lodging of foreign bodies, such as grape seeds, cherry stones, gallstones, or in women, by extension of an inflammation from the right ovary and tube.

One attack predisposes to another, if the constipation is neglected and if nothing is done to increase the tone of the body by strengthening the nerves and by stimulating the circulation. It is in this connection that the Vimedia system of treatment is so valuable, when promptly resorted to and faithfully carried out. By reviving the activity of

the nerves controlling circulation, the congestion is overcome, fresh pure blood is brought to the parts enabling them to destroy the disease germs which are always lurking in the intestines eager to find a fertile field for their activities and propagation.

During an acute attack, the patient must keep quietly in bed, hot compresses should be employed over the painful area, after which VIMEDIA CERATE should be gently rubbed in; should the pain and tenderness be too great to allow rubbing, the Cerate should be applied in the form of a Cerate plaster, and allowed to remain for several hours with hot compresses placed over it and this can be repeated as long as there is much tenderness present.

The bowels should be thoroughly emptied, castor oil or salts in tablespoonful doses being used; they should be kept open by a VIMEDIA LAXATIVE used two or three times a day.

VIMEDIA LLQUID should be taken internally in 3 drop doses 3 or 4 times a day.

The diet should be strictly liquid, and as sparing as possible until the acute symptoms subside and the fever goes down. Cold sponging with equal parts of water and alcohol will keep the fever down, care being taken that the patient does not catch cold. It is best to insist on the person staying in bed for several days after the symptoms have subsided so that all inflammation is completely overcome.

During this time CERATE rubs over the abdomen as well as over the spine should be given twice daily.

After the acute attack has subsided VIMEDIA LIQUID should be taken internally, beginning with 3 drops three times daily, gradually increasing to 10 drops.

VIMEDIA CERATE should be applied over the abdomen and spine.

VIMEDIA LAXATIVES should be taken night and morning until the bowels are quite regular.

VIMEDIA TABLETS should be taken, one after each meal.

VIMEDIA CAPSULES should be used in the vagina in the case of women.

VIMEDIA SUPPOSITORIES in the rectum in the case of men.

VIMEDIA SOVEREIGN TONIC is very helpful to overcome weakness and depression following an acute attack.

When attacks of appendicitis have been neglected until there is abscess and pus-formation or in acute very severe cases with high fever and great depression, showing rapid pus-formation, it is absolutely necessary to employ the services of a skilled physician on the ground.

CHAPTER XXXII.

THE RECTUM.

THE LOWER end of the digestive tract, for an extent of seven or eight inches, is known as the "rectum." Above it is the sharp turn in the colon or large intestine known as the "sigmoid flexure." The rectum is capable of great distention at times when the rectal muscles and sphincter muscles may be inactive in refusing to discharge the accumulated fecal matter. The sigmoid sphincter is always contracted, and the rectum in health is always empty, except when there is a desire for evacuation.

When the sigmoid permits feces to pass and they descend to the rectum, that organ, through the great sympathetic nerve, notifies the brain of a desire for evacuation, and if this goes unheeded, the rectum, if in a state of health, will refuse to retain them, reverse peristalic action is set up and the feces lifted back into the sigmoid, there to remain, as a rule, until the customary hour of the day following. When this becomes a habit, the feces are apt to become hard and dry, and by pressure upon the blood-vessels and nerves seriously interfere with the circulation, causing piles and other diseases of the rectum.

Below the rectum is the passage known as the "anal strait," extending from the rectum to the anus, and being one or one and a quarter inches in length. In health it is lined with a soft, pliable mucous membrane, and the sphincter muscles guarding it are pliable and elastic. In a healthy condition the lining of this passage is without a break or any projecting tumor, but when diseased the muscles are tight and rigid, causing a great loss of nerve-force, and its walls are the abiding-place of piles, fissures, ulcers and pockets.

Near the orifice of the rectum are located the external and internal sphincter muscles. These surround the out-

let of the alimentary canal and are governed by separate and distinct impulses. One is called the "internal sphincter" or "internal muscle," and is controlled by the sympathetic system of nerves, acting automatically as a puckering-string at the lower end of the rectum.

The internal sphincter muscle cannot be controlled by the will of the person of whose body it is a part. The other puckering muscle is called the "external sphincter," and is supplied with nerves that are influenced by the will, and is, in a great measure, under the direct control of the individual. This is Nature's provision to prevent the passage of stools unless the person so wills.

A most common affliction following constipation is that of hemorrhoids or piles. On account of the great blood-supply through the rectum and the abscence of valves in the veins, even a slight interference with the circulation through the parts may result in congestion or stagnation of the blood in the hemorrhoidal veins, especially at their bulb-like terminations. This produces a swelling or enlargement of the bulbs, and these tumor-like enlargements are what are commonly known as "piles."

Piles may be internal or external The internal piles are sometimes known as "blind piles." External piles are caused by a sufficient distention of the hemorrhoidal veins to cause them to protrude outside the anus. They are soft, bluish, round tumors, and ordinarily do not cause much suffering, unless from external irritation they become very much inflamed, when ulceration may follow. Because of the active life men lead and the nature of the clothing they wear, external piles with them often become aggravated and inflamed, a source of torture to the sufferer.

The internal tumorous formation is more commonly known as "bleeding piles," since, on account of the delicate texture of the veins and the mucous membrane lining the parts, these are likely to be ruptured upon pressure from the passage of fecal matter, and bleed freely. While the bleeding relieves temporarily, the condition is by no means cured, and a slight bleeding at first may result in

hemorrhages later on, which are very debilitating to the whole system. There is a sensation of great heaviness in the rectum, accompanied with burning and rawness, and the sufferer becomes very irritable and nervous.

The pressure of piles produces much straining at stool, and this in time produces a relaxation or sagging-down of an elongated fold of the rectum; this may be followed by a relaxation of the sphincter muscles. In the beginning the bearing down at stool causes a slight prolapsus of the rectal mucous membrane, but this returns to its proper position as soon as the bowels move.

From habitual straining, however, a relaxation of the parts results and this fold does not return to its position, but, being forced through the opening of the sphincter muscle, becomes so congested, so filled with blood, that it is unable to return to its normal position; then the internal sphincter muscle closes around this so tightly that the venous blood cannot be carried out, and the swelling produces a tumor that is highly sensitive and often bleeds at the slightest touch.

In some such conditions the veins become so distended that the thin covering ruptures and bleeds freely; this bleeding relieves the swelling for a time, so that the prolapsed lining may return to its normal position, affording some relief; but with continued constipation, with interference with the hemorrhoidal circulation through congestion of the liver, and with constant straining, the old trouble returns, and there may be what is known as "complete prolapsus of the rectum," greatly interfering with the evacuation of the bowels.

In prolapsus of the rectum, one may at times have a full and satisfactory movement, leaving no feeling of discomfort, yet as the condition becomes more chronic there will be great discomfort on attempting to evacuate the bowels. Finally, the relaxation becomes so great the strength of the parts so depleted, that the prolapsus becomes greater and greater, and quite a large tumor forms. If other abnormal conditions are present, they, of course, aggravate the trouble; particularly is this true of any form of uterine displacement.

The sufferer finds that with each movement of the bowels there is such sagging-down of the walls of the rectum that a large tumor protrudes through the external sphincter, and this has to be replaced, causing much distress.

In cases of piles, especially the internal ones, patients are apt to complain of a feeling of heaviness and oppression in the breast.

A common method of treating these troubles is by surgical measures, where the tumors are cut off; this, of course, is dangerous, since, being connected with one or more of the large hemorrhoidal veins, severe hemorrhage is liable to follow. Moreover, such a method is not logical, inasmuch as the cause of the trouble is not removed, therefore the tumors will be very apt to appear again.

It is common sense that whatever mutilates the body and shocks and depletes the nervous system must lower the vitality, and that whatever gently lessens local irritation and builds up the nervous tone and general strength is promoting a cure along natural logical lines.

A cure in this trouble depends upon removing the cause and restoring normal conditions throughout the entire system; this Vimedia accomplishes. It corrects torpidity of the liver and removes the cause of constipation; it corrects displacements and builds up the nervous system, and causes the blood to circulate freely throughout the entire body; it not only seeks to remove the local trouble, but all disturbances of the entire system.

Results established under Vimedia are sure and permanent, for they are established according to a fixed law of Nature. To remove the effect of disease does not establish a cure; this can only be brought about by removing the cause, and Vimedia is a logical treatment to accomplish this, attacking the diseased conditions at every available point, and building up the body from every possible source.

Piles are not only painful and annoying in themselves, but they may aggravate other troubles, leading to serious and sometimes incurable conditions. There is no need for anyone to suffer with this trouble, if one is willing to

devote a reasonable length of time to regaining normal conditions under a safe, sane, and logical method of treatment, such as is presented in the Vimedia home treatment, thus avoiding the knife, the use of caustics, the resort to opiates, which lull into false security while the diseased conditions grow steadily worse.

Vimedia safely and gently but thoroughly removes congestion and inflammation wherever located, and through its strengthening influence on the nervous system and the circulation restores normal conditions, not only locally, but throughout the body.

VIMEDIA SUPPOSITORIES are to be used in the rectum once or twice daily, according to the extent of the diseased conditions.

VIMEDIA CERATE is to be applied thoroughly over the spine and abdomen and around the anus twice daily—morning and evening.

VIMEDIA TABLETS are to be taken wherever stomach, liver and intestinal trouble may exist.

VIMEDIA LIQUID should be taken according to the directions.

VIMEDIA LAXATIVES should be taken as long as outside help is necessary to move the bowels fully every day.

Diet.—Care should be used as to diet. All rich, highly seasoned, stimulating foods should be avoided, especially those which tend to produce constipation; sweets and starches should be avoided, also strong tea and coffee. The diet should be plain and nourishing, and fruits should be used freely, as they tend to keep the bowels active.

In prolapsus of the bowels the parts should be bathed with cool water and then the prolapsed portion replaced with the finger, after moistening with a little vaseline in which has been dissolved a VIMEDIA SUPPOSITORY. After replacing the prolapsed portion, which should be well inside the internal as well as the external sphincter, the VIMEDIA SUPPOSITORY should be placed.

ABSCESSES OF THE RECTUM.

Internal or bleeding piles, where greatly aggravated, tend to the production of such severe inflammation as to

cause destruction of tissue or abscess formation. This is particularly true where caustics or other illogical methods are used in the removal of pile tumors. This abscess formation produces great pain and suffering, relieved in a measure by the breaking of the abscess and the discharge of its contents.

When these abscesses are treated locally, it affords but partial relief, since the cause is more than local, and, as in piles, the condition can only be permanently overcome by seeking and removing the cause and building up the general health. Although abscess formation may result from a serious illness or infection, the most common cause is the presence of internal hemorrhoids, and to relieve the condition the cause of the trouble must be removed.

Vimedia, is therefore, a logical treatment to employ for this condition and its faithful use a reasonable length of time is sure to be followed by marked and beneficial results.

STRICTURE OF THE RECTUM.

A stricture means an abnormal narrowing of a canal or passage. It may be through a scar tissue arising from a sore, abscess, etc., or be due to the formation of other abnormal tissue. Ulceration of the rectum sometimes results in such changes in the mucous membrane lining of the parts as to materially reduce the passage and produce a stricture of the rectum. This abnormal or hardened tissue, by reducing the width of the passage, causes an excess of fecal matter to be held just above the stricture in the bowel, causing the latter to become unnaturally distended, and leading often to ulceration.

Since relief from this condition depends upon removing the abnormal tissue, the Vimedia treatment is most happily employed, because it softens and causes the absorption of such low-grade tissue. It is not a condition, however, that yields quickly to any method of treatment; hence faithful and persistent use of the remedies is necessary to satisfactory results. Stricture rarely exists unless there has been chronic and extensive rectal trouble, such as naturally requires time in healing.

FISTULA.

A fistula is a tube-like opening, caused by the burrowing of a deep, sinuous ulcer into the tissues and muscles of the ano-rectal region. An anal fistula is one near the anus, which may or may not communicate with the rectum. This condition, from its tendency to develop into a malignant trouble, is much more dangerous than the pile tumor, though often it may not seem as painful. It often follows abscess formations or injuries sustained through the use of the knife or other surgical interference or from foreign bodies in the rectum.

There are various stages of this condition. There may be a complete fistula, where there is an opening from this tube into the mucous membrane of the rectum and another opening in the skin of the buttocks or near the rectal orifice. In this complete fistula liquids, gases, etc., may escape through the outer opening.

Where the fistula is not extensive and has followed a slight external injury or an anal abscess, building up the body through the use of the Vimedia treatment, and using the suppositories locally to relieve the congestion and inflammation and give direct strength and tone to the nerves and tissues, has resulted in marked improvement and a gradual closing of the fistula or tube-like canal, as healthy tissue is formed throughout the parts. Where the trouble is more extensive or of very long standing, correspondence with the Hygienic Department should be had before beginning the use of the treatment.

The same forms of Vimedia are used as are required for treating hemorrhoids.

RECTAL FISSURE.

Fissure means "a crack or cleft or groove," normal or otherwise. A rectal fissure means an abnormal cleft or crack in the mucous membrane of the rectal opening, produced usually by the passage of such large, hard stools as to break the membrane, or it may result from an injury from surgical measures.

There is much inflammation following a breaking of the tissues, and this condition leads to ulceration, which will not heal without special help. There is frequently

spasmodic contraction of the sphincter muscle following this condition, and usually the pain at stool is very severe. Often the condition cannot be ascertained upon mere external investigation, but by separating the folds of the anus the ulcer is plainly visible.

The Vimedia treatment for hemorrhoids should be employed. The VIMEDIA LAXATIVES should be used regularly to render the stools more easy of passage, and the external parts should be bathed two or three times daily with the cerate slightly diluted with vaseline, the whole melted and applied with a soft piece of old linen, after which old linen should be applied over the parts.

CANCER OF THE RECTUM.

Cancer of the rectum does not come within the curative range of this treatment, hence a cure should not be expected in this condition from the use of this treatment; but sometimes a mistaken diagnosis is given and a sufferer may be thus deprived of the chance of getting well under Vimedia. Vimedia had best be used in time to prevent a malignant trouble developing, but when such condition is pronounced to be present, the treatment may be beneficially employed to relieve the pain and irritation as much as possible and render the sufferer more comfortable.

Cancer of the rectum seldom develops in early life, but is found in cases of long-neglected rectal trouble or following drastic surgical measures. The symptoms are similar to those of ulceration and stricture of the rectum. In the last stages the discharges are profuse, bloody and very offensive, as is usual in most cancerous conditions, and there is pain, sharp and cutting, sometimes dull and burning, and marked debility of the entire system.

In cancerous conditions antiseptic treatments should be employed regularly to render the sufferer more comfortable and, as previously stated, the Vimedia treatment will do much in alleviating the suffering, although it cannot remove the trouble, since there is as yet no recognized cure for true malignancy.

The same forms of Vimedia are employed as in treating hemorrhoids.

CHAPTER XXXIII.

THE LIVER.

THE LIVER is the largest gland in the body and has more to do with one's physical well-being, and incidentally with one's mental outlook, than almost any other organ. The liver in itself a whole chemical laboratory and storehouse, it is also a furnace and it is especially a filter so that when it becomes clogged and inactive the whole system becomes filled with impurities, one's outlook becomes clouded and nothing seems worth while. If the liver is active, and the other organs in the body are functionating proportionately, then one has a healthy, happy outlook upon life.

So well is this fact established that nowadays the accepted cure for "blues" is a vigorous cleansing of an inactive liver, and in nine cases out of ten where a physician is called for any acute or chronic trouble, such thorough cleansing of this important organ is the first step he orders.

The liver is situated in the right side, below the right lung or about on a level with the stomach, but slightly overlapping it. Its consistency is that of a soft solid, and it is of a dark reddish-brown color. This organ has five lobes, the right one being the largest. The liver is composed of minute lobules connected with very fine tissue, and the whole is covered externally by the peritoneum, which forms the greater part of the suspensory ligaments that hold it in position. Ramifying or branching throughout the liver we find the portal vein, hepatic duct, hepatic artery, hepatic veins, lymphatics and nerves—all necessary for the functionating power of this organ.

The liver is not as firmly attached to the adjacent parts of the body by ligaments as are some of the organs, but seems to depend more on support by pressure from the surrounding parts. It moves with every movement

of nearby organs, steadily rising and falling with every breath that enters or leaves the lungs. Thus deep breathing and the proper erect carriage of the body promotes free circulation of the blood through the liver. Anything that tends to prevent the free circulation of blood through this organ tends to bring on congestion of the liver, which is followed by distressing symptoms.

Causes of liver trouble which should be avoided are eating when greatly fatigued, too much rich food, overeating, iced drinks and catching cold. Exposure to cold after a meal is especially dangerous, for the blood is then occupied with the business of digestion, and when it is called upon at the same time to raise the lowered temperature of the body it is unequal to both tasks and a cold "strikes in" easily and serious indigestion and liver trouble follow.

There comes from the heart a great stream of rich, strong, life-giving blood; just behind the stomach one branch of it turns off to the right to feed the tissues of the liver that it may be strong to do its work. That work is the filtering of the blood which comes through the portal vein from an entirely different direction—namely, from the digestive organs. Any obstruction in the liver hinders this influx by way of the portal vein and consequently dams up the blood in the digestive organs so as to cause grave trouble, which naturally will not abate until the cause of the trouble in the liver receives proper attention.

A close connection exists between the blood-vessels around the rectum and the branches of the portal vein; consequently any congestion or stoppage of work in the liver arrests the circulation around the rectum, with a resulting tendency to constipation and piles.

It is not an uncommon thing for the sufferer to make every effort to free himself or herself from piles and constipation by local treatments alone, with but little result; because the trouble is primarily with the liver, and until the liver congestion is removed the symptoms will not yield.

The liver takes up from the blood certain waste matters which the kidneys alone are able to throw off from the

body, but before this waste is passed on to the kidneys the liver must first subject it to a certain chemical change, by which this dead tissue, brought from broken-down cells, is changed to a substance called "urea," to be thrown out in the urine. When, therefore, the liver is not properly functionating, it is plain that the kidneys have not their work properly prepared for them and are thus badly handicapped. The result is that much of the urea is left in the system, which should have been completely freed from it, and it results in gout, rheumatism, etc.

Another office of the liver is to extract the sugar from the various carbohydrate elements that are brought in by the portal veins. This sugar is stored up as glycogen and given out as the body requires it for heat and motion.

Perhaps the most commonly understood office of the liver is the straining of the bile from the blood. This substance passes into the intestines to help in further digestion, or to the gall-bladder, where it is stored for future use. The strained blood passes up into the heart and from there is pumped out into the lungs for further purification.

The great artery which comes into the liver from above, also the vein which comes in from below, divide and subdivide into branches, and finally into tiny blood-vessels, and these surround the liver-cells, called "lobules." These two sets of blood-vessels do a different kind of work. The arterial blood-vessels furnish the liver-cell what it needs for development and functionating power, and the portal-vein circulation gives to the cells material for the bile, which is passed through certain passages called "ducts" to the digestive tract and the gall-bladder.

Thus we see that the important function of the liver is to act as a sort of filter, where certain constituents, namely, the bile, sugar, and urea, are separated from the blood. After these are taken out of the blood, it is collected in the hepatic vein and carried to the heart, thence to the lungs, and so on around in the ceaseless circulation of the body. The liver, unlike any other organ, receives two kinds of blood: arterial, for nourishment, and venous,

from which it secretes bile—Nature's laxative for the elimination of waste from the body.

Ramifying or branching throughout this great organ is a wonderful network of nerves that help in controlling the circulation of the blood. Wherever there is even the tiniest of blood-vessels there is also a thread-like nerve that governs or controls the functions of that vessel. Under the direction of the nerve the cell expands and contracts, hurrying onward the circulation of the blood; but, when, through improper nourishment, tight clothing, colds, excitement, overwork, etc., this little nerve becomes weakened, the blood in the capillaries and veins has not the proper help in forcing itself onward through the various passages, and there is congestion of the liver.

The majority of women suffer with liver trouble, since they commonly wear clothing which interferes with the normal expansion and contraction of this important organ. Those, however, who are engaged in exercises which require the frequent bending over and straightening up of the body are not so subject to this trouble, and children actively engaged in plays that keep the body in motion never suffer from it. People who lead a sedentary life are nearly always more or less victims of liver disorder.

The bile is a yellowish-green bitter liquid, which is continually secreted in the liver. In the intervals of digestion it is stored in the gall-bladder, but during the process of digestion it is poured into that part of the intestines known as the "duodenum," below the opening from the stomach, where, mingling with the secretions of the pancreas, it dissolves fats, guards against putrefaction, and, by assisting the peristaltic motion of the intestines, prevents constipation.

At the front surface of the liver, near its lower border, is lodged the gall-bladder, a membranous sac, connected with the liver by tissue. This organ is about four inches in length and one inch in breadth at its widest part; it has a bile-duct which joins the pancreatic duct, and empties into the duodenum or small intestine, where the bile promotes the process of digestion.

If congestion and inflammation arise the bile disintegrates and thickens, forming the nucleus for gall-stones, which may be any size from the smallest gravel to stones an inch through. When these stones become large, they completely fill the gall-bladder causing spasmodic contractions of this organ accompanied by severe cutting pains, nausea and vomiting, and great tenderness over the region of the gall-bladder.

The passing of the smaller stones through the narrow bile-duct causes excruciating pain and suffering—so-called gall-stone colic. When this condition continues the passage of the bile into the intestine is interfered with, the bile is absorbed into the blood and gives a more or less yellowish tinge to the skin. It also causes pain under the right shoulder-blade which may become of a severe and burning character.

When a catarrhal and inflammatory condition arises in the liver and gallbladder and the bile is held there indefinitely, it forms gall-stones, the passing of which through the small duct, which is very crooked, causes intense pain. Congestion of the liver, which makes the organ sluggish in its work, tends to the production of gall-stones. Thus, back of the gall-stone trouble is congestion of the liver, and back of the congestion is some defect of the nervous system, induced by some other disturbance of the body.

In order to effect a permanent cure of gall-stone trouble it is necessary, therefore, not only that the gall-stones be softened or lubricated, as through the free administration of olive oil, and carried out, but that the parts be brought back to a proper functionating power so that no more stones are formed. An operation, therefore, affords but temporary relief; the cause of the trouble is not removed, and as long as the cause is not reached the old conditions return.

The pancreas, another gland, lies behind the stomach and is shaped very much like the human tongue. Its length varies from five to six inches and its breadth from an inch to an inch and a half and it is about an inch thick, weighing from two to three and a half ounces. This gland

opens into the duodenum by means of the pancreatic duct; it secretes what is known as the "pancreatic juice," a clear alkaline liquid, containing ferments which break up fat, convert starch into sugar, curdle milk, and digest proteid material.

The liver removes from the blood matter, which, if allowed to remain, would poison it and thereby disturb the whole body; it secretes the bile, which, as already noted, assists in the intestinal digestive process and in the elimination of waste from the body.

The food taken into the system contains more or less carbon to build up the tissues and keep the body warm, but carbonic acid, the gas resulting from combustion of oxygen and waste tissues, must be removed from the blood or death results. Bile is necessary to digestion, nutrition, and life, and yet, if it be not separated from the blood through the filtering action of the liver, it poisons the whole system. Although the constituents of the bile are found in the blood, they must be removed from the blood before the latter is fit to nourish the body.

When the bile is not properly secreted, congestion of the liver results, and we find many distressing symptoms. In an acute bilious attack there is headache, dizziness, depression of spirits, and lack of energy. When the trouble becomes more chronic there is much fullness, weight, and oppression of the stomach, and an aching under the right shoulder-blade, which may extend down the shoulder-joint through the arm into the wrist and hand, and make the sufferer think he or she is suffering with rheumatism or is threatened with paralysis.

From absorption of bile into the blood the complexion becomes pale and sallow and there is a bitter taste in the mouth, coated tongue, and often a cough, bilious fever, and loss of sleep that may make one think one is suffering with lung trouble; urine may become scanty and high-colored and the bowels irregular, usually constipated, but sometimes attacks of obstinate diarrhea appear.

Always the sufferer is very despondent and discouraged and usually impatient and irritable.

The symptoms vary with the individual and with other

conditions that may be present. Being the largest gland in the body, and having exceptional work to do, the liver easily becomes involved when there is disturbance in any other part of the body, and its condition is always a matter for consideration, whatever the disease.

"Is life worth living?" "It depends upon the liver," is a question and its answer well coupled. In nine cases out of ten that come within the clinical range of the Vimedia natural system of treatment, it is found that the liver needs special and thorough attention.

To reach the conditions, it is necessary that the whole body receive a special cleansing and upbuilding. It is a whole, not a collection of independent parts, and no one part can be treated independently of the other parts with complete success. A temporary cleansing of the liver is not effective, since the root of the trouble is not reached, more than the liver being involved. Many people have ruined their health forever by drastic measures directed against the liver. Temporary stimulation of an already overworked organ is sure to be followed by a greater increase in sluggishness.

A normal circulation through the liver must be established before it will be restored to a proper functionating power, and to this end the nervous system needs a special upbuilding, while the liver needs a gentle and persistent stimulation each and every day until all congestion is removed and the circulation is again under the control of the nervous system. Pelvic congestion must be removed, and the whole body brought to a proper functionating power.

In these conditions the Vimedia treatment has proven of excellent value, since it is not a treatment directed against any special part of the body, but a treatment for the whole body, removing congestion wherever located, reviving and building up every nerve, cell, and tissue throughout the body to a normal functionating power.

In addition to the use of the treatment, one must use care in diet, exercise, bathing. Anything that has an irritating effect upon the liver must be omitted. Rich, greasy, highly spiced foods but add to the waste of the

body and entail more work than the liver can perform. For that reason the diet should be plain and nourishing. Sweets and pastries, strong tea and coffee should be avoided, though sometimes merely the omission of cream from one's coffee will serve to abate liver trouble. A leathery compound results from the use of cream in coffee, and it is hard on the liver. Alcholic drinks should be rigidly excluded. One should eat too little rather than too much, and give the body a chance to get rid of some of the waste that has already accumulated to the detriment of the whole system.

VIMEDIA TABLETS should be taken at or after meals; in bad cases, one at meals and one twenty minutes after meals may be taken.

VIMEDIA CERATE should be applied over the abdomen, spine, and liver, and the latter organ should be thoroughly massaged.

VIMEDIA CAPSULES should be used where uterine trouble exists.

VIMEDIA SUPPOSITORIES where there is rectal trouble present.

Compresses, hot and cold, should be used alternately over the liver two or three times weekly, and the cold towel compress will be found helpful.

As all the other organs of excretion are overworked when the liver is inactive, frequent hot baths should be used to keep the pores of the skin open, and plenty of water should be drunk between meals to flush the kidneys and help them in carrying out waste. (See Hygienic Aids in Appendix.)

Plenty of fresh air and sunshine are also valuable aids in the hastening of results.

CHAPTER XXXIV.

THE KIDNEYS.

THE WASTE MATTER of the body must be constantly carried out, else the accumulation blocks all the different organs of the body, and disease and death ensue. The kidneys have an important function in this elimination of waste, as well as the skin, the lungs and the bowels.

While the world has long been in terror of heart and lung diseases, it is certain that there are other organs besides the heart and lungs, the abuse of which has to be paid for dearly. Among these the kidneys may be mentioned. The very insidiousness of most kidney diseases is alone enough to make them appalling. The sufferer has knowingly or ignorantly transgressed the law protecting the functions of these organs, and when he begins to realize that there is something wrong, frequently the condition is too far advanced for help. Mere life may last for years, but a real cure for the most serious diseases of the kidneys, after a certain stage has been reached, is at present unknown, and the progress of some of them is even more heart-breaking than that of the dreaded consumption.

Eternal vigilance and a willing obedience to Nature's requirements, especially in matters of baths and diet, for the upbuilding of the whole body is all that can render one immune to such troubles. When the difficulty has just begun an immediate return to Nature's ways will stop the progress of disease, but where the trouble is far advanced the only hope is to prolong life and make it as endurable as possible.

In both cases the Vimedia system provides as much help as anything can—probably more than anything else is able to give; yet the promoters of the Vimedia movement would rather be of use to the readers of this book

in enabling them to prevent disease than in doing what can be done afterward to overcome a condition that has become so deep-seated as to be beyond cure.

In this connection, we might say that often a mistaken diagnosis is made, and the first cause is not in a diseased condition of the kidneys, but in loss of functionating power of other organs, particularly the liver, and every sufferer with so-called "kidney trouble" should read carefully the chapter on "The Liver."

The kidneys are large glands, two in number, bean-shaped, placed at the back of the abdominal cavity in the region of the loins, one on each side of the spine. From these organs long tubes, called "ureters," lead to the bladder. The kidneys are not supported by ligaments, but rather by a fatty bed of loose tissue and by the pressure of the surrounding parts.

The function of the kidneys is to select from the blood, which circulates through innumerable capillaries in their outer solid portion, the waste elements which make the urine—urea, uric acid, various salts, also surplus water—and to pass these on down in solution through the ureters to the bladder. A pair of healthy kidneys should daily dispose of about three pints of this waste.

In health the urine is slightly odorous, amber in color, and entirely without sediment. This varies, however, with changing conditions. Its excretion may be affected by the moisture and temperature of the atmosphere, by the food used, and by diseased conditions in other organs of the body; by nervous weakness, overwork, mental strain, worry, pregnancy, colds, fevers, grief, sudden shock, etc.

The functions of the kidneys and skin are, to some extent, interchangeable. For instance, during excessive perspiration in warm weather the quantity of urine is sensibly diminished, because much of the waste of the blood is being excreted through the skin. During eruptive disease it is the kidneys particularly that suffer from overwork should the infection be driven in by the sufferer's taking cold.

Diseases of the kidneys come on very slowly and are usually far advanced before there are marked symptoms

of the derangement. Many symptoms, however, which would seem to point to kidney derangement are often found to be reflex disturbances from other functional derangements, and as the body functionates as a whole and not in individual parts, we often find the kidneys disturbed where other derangements exist. Simple derangements of the urinary excretions are not evidences of kidney trouble, since, as mentioned before, these excretions may vary with individual conditions. However, where chronic kidney trouble exists, microscopical and chemical examinations of the urine determine the nature and extent of the trouble.

The so-called "symptoms" of kidney trouble, such as weakness in the small of the back, pain in the region of the groin, highly colored and scalding urine, frequent desire to urinate, suppression or inability to pass the urine, and irritability and pain in the bladder, frequently arise from entirely different causes than diseased conditions of the kidneys.

It is therefore advisable that one make a thorough examination of the case to determine the exact conditions present, and whether or not the trouble is functional or reflex. In the majority of women these symptoms are found to be reflex from uterine disorders, and no cure can be obtained until the uterine trouble is overcome. Particularly is this true of the bladder symptoms, which are often a feature of uterine displacement, and of the variation in quality and quantity of the urine excreted when there is great pelvic congestion.

Certain errors in the functions of the liver result in the condition commonly known as "diabetes." This is brought about by the inability of the liver to select the glycogen or sugar-like compound from the circulation and send it out for use in the body; instead, this element is allowed to circulate in the blood and is excreted by the kidneys.

The undue presence of sugar in the blood causes the extraction of an excessive amount of moisture from the tissues to keep the sugar in solution, and the sufferer

passes great quantities of pale urine containing more or less sugar.

The muscles of the body receive a great part of their nourishment from the glycogen, so in this diseased condition, being unable to obtain their usual nourishment, the muscles gradually atrophy or waste away. The finding of small quantities of sugar in the urine does not always mean that diabetes mellitus is present. The passing of large quantities of pale urine that contain sugar, together with thirst, ravenous appetite, emaciation, and loss of strength, constitute the diagnostic symptoms of diabetes mellitus.

The condition of the kidneys commonly known as "Bright's disease" is due to destructive inflammation of the kidney substance—the breaking down of the tissues themselves, and a subsequent destruction of the tubules that constitute the urinary filter. The symptoms of this disease are numerous and may be entirely different in different varieties of the disease. Unfortunately, for a long time there may be no decided symptoms present, and the sufferer may be unaware of his or her condition until a complete breakdown or perhaps a fatal uremic convulsion occurs.

In some cases there may be pain in the region of the kindeys, fever, and scanty urination, or there may be dropsy and frequent urination. Chemical examination of the urine shows varying quantities of albumen; this in combination with dropsy of the ankles and puffed eyelids is always suspicious and calls for prompt investigation. This disease is usually fatal, the sufferer dying eventually from the absorption into the system of urea, a poisonous element of the urine, which the kidneys are unable to excrete.

The structure of the kidney is such that innumerable little tubes converge into its hollow pelvis from the solid portion nearly surrounding it. Where each tube begins it is a little cup-shaped affair, in the depression of which lies a coil of capillaries, as in a funnel, and here the impure matter in the blood is drained away from them, and

drawn down through the tube to the kidney pelvis, and so out through the ureter to the bladder.

If the blood is passing through the coil of capillaries rapidly and steadily, as is natural, the waste will be naturally drawn away; but if the circulation is slow and weak, the impure matter is only slowly drawn away.

This circulation through the kidneys is controlled, as is circulation anywhere in the body, by a set of nerves, which comes from the great collection of sympathetic nerve-centers called the vasomotor system. When, for any reason, these nerves become weakened or irritated, the circulation becomes correspondingly abnormal. It is because of this relation of nerves to the circulation that overwork and great drain upon the nervous system, from any cause whatsoever, tells upon the body and so often opens the way to serious diseased conditions.

It is the application of this principle, that back of any functional derangement there is a derangement of the nervous system, and that through the nervous system and the circulation disease can be reached and overcome, that has made the Vimedia system of treatment so wonderfully successful in these common ailments.

As the Vimedia treatment is almost a specific for congestion and inflammation wherever located, and is a thorough systemic treatment for diseased conditions throughout the body, it has been used with marked beneficial results in various forms of kidney derangement, and a thorough investigation of the treatment should be undertaken before one gives up to a supposedly incurable condition. The Hygienic Department will study carefully the individual conditions and advise whether or not the case is one that comes within the clinical range of the treatment.

Diet is important in all kidney affections, and the Hygienic Department will cheerfully advise any patron, seeking relief from these troubles, as to the best diet to be used.

RHEUMATIC CONDITIONS.

Rheumatic conditions arising from the retention of impurities in the blood yield nicely to the faithful use of

the Vimedia treatment a reasonable length of time. One reason why results are obtained under Vimedia when other methods fail is because it seeks not only to overcome the stomach or kidney derangement, but diseased conditions throughout the body. Thus it is often found that trouble with the arm and shoulder arises not so much from rheumatism as from torpidity of the liver and reflex symptoms, and when the liver is brought to a proper functionating condition this symptom readily disappears.

In rheumatism, as in other troubles, the advance in the method of treatment has been marked the past few years, and under the Vimedia treatment, a system founded on natural laws, marked beneficial results are obtained.

In rheumatism, as in other diseased conditions, a cure depends upon seeking and removing the underlying cause and a careful observance of diet, hygiene, etc. Sufferers from this condition must avoid exposure to colds, eat good, sound, nourishing food, not in excess, live in well ventilated rooms, and take plenty of exercise in the open air and frequent hot baths (see page 327).

Uric acid is a natural constituent of the urine, but when it forms in excessive quantities it indicates serious disturbance. It forms a sediment of reddish or brick color. Under the microscope it is shown to be a collection of crystals, very minute and of innumerable shapes, with sharp edges and points like broken glass. These crystals in passing from the kidneys to the bladder and during urination, sometimes cause much pain; at times their needle-like points cause hemorrhages of the passages; occasionally they lodge in the bladder, where they unite to form larger masses, called "gravel" or "stone."

Gout and articular rheumatism are due to an excess of uric acid in the blood by reason of the failure of the kidneys to eliminate it. The crystals accumulate in the joints, where their presence occasions swelling and torturing pain, tenderness, and heat. Gout frequently follows over-indulgence in eating and is usually accompanied by constipation, flatulence, and acidity of the stomach.

THE KIDNEYS AND DROPSY.

Dropsy is an accumulation of water in the cavities or tissues of the body, owing to the failure of the kidneys to drain it from the blood and pass it from the body; this failure is due to a clogging of the urinary ducts or to inflamed conditions following fever, or to the fact that the nervous tone of the body is so low and the general circulation so poor that the blood is not taken rapidly enough to the kidneys for thorough draining.

Dropsical swellings may be distinguished from fat by the fact that they are soft and retain for some time the indentation left by a pressure of the finger and by the peculiar glassy, colorless appearance of the skin. This condition in women sometimes arises from uterine derangements, especially at pregnancy, and is not to be confused with that due to defective kidney action.

Whatever the original cause of the trouble, it must be sought and removed and the whole body built up. The skin is to be stimulated to help throw off the excess of water by daily bathing, vapor baths, etc. Vimedia Cerate should be applied freely and thoroughly not only over the spinal nerve centers and kidneys, but also over the soles of the feet. Great care should be exercised in the diet that only plain, nourishing food be used and that sweets, starches, and stimulants be avoided. The nervous system must be built up and strengthened, the circulation made normal, and the inflammation of the kidneys or other organs removed. Given these conditions, following the faithful use of the Vimedia treatment, dropsical tendencies have been entirely relieved.

THE KIDNEYS AND GRAVEL.

Gravel of the kidneys, as its name implies, is a stony deposit of uric acid or phosphatic crystals which have but one way of passing out; namely through the ureters, the bladder, and urethral canal. The ureters are tubes only about the size of a goose quill naturally, but capable of greater distention in emergencies. On account of the great number of nerves supplying them, the passage of these stones gives rise to suffering that is extreme.

The correction of this condition, as in other functional derangements, depends upon removing the cause, building up the nervous system to normal, causing pure blood to circulate freely, and no greater aid can be employed than the Vimedia system of treatment, based on natural laws for the removal of disease and the upbuilding of the body. While there is nothing in the treatment to dissolve stones already formed, its faithful use a reasonable length of time will establish normal conditions and prevent their formation, and thus permanent results are established.

FLOATING KIDNEY.

Since the body of the kidney is merely imbedded in fat and other tissue and not supported by ligaments, it is very susceptible to injury by accident. Floating kidney —that is, prolapsed kidney or kidney out of position—is not uncommon. A blow or a fall may be the means of dislodging it from its position. The matter, however, is not serious so long as the general health is good and these organs functionating normally.

The forms of VIMEDIA for kidney troubles.

For kidney derangement arising from the disturbance of the general functional system or from conditions not malignant, the following forms are to be used:

VIMEDIA LIQUID, as directed.

VIMEDIA CERATE over the spine, abdomen, and region of the kidneys once or, where possible, twice daily.

VIMEDIA CAPSULES, where uterine complications exist.

VIMEDIA SUPPOSITORIES, where there is rectal trouble present.

VIMEDIA URETHRAL PENCILS, to allay irritation of the urethral canal and to facilitate the passage of gravel, when present.

VIMEDIA SOVEREIGN TONIC, where there is special need of a tonic.

VIMEDIA LAXATIVES, where there is constipation.

CHAPTER XXXV.

THE BLADDER AND THE URETHRA.

FROM THE MIDDLE of each kidney a tube, known as a "ureter," leads down to the bladder, a strong oval sac, situated in the lower fore part of the pelvic cavity. This organ is the repository for the urine as it is filtered from the kidneys. The bladder is composed of elastic fibers, which admit of considerable distention. Leading from the bladder to the external opening of the body is a tube, called the "urethra," through which the urine is discharged.

In women the bladder is situated just in front of the womb, and when the latter organ becomes much congested, inflamed, and enlarged, it frequently falls forward upon the bladder, causing pressure on this organ and many distressing symptoms.

The most common disturbance of the bladder is an inflammation of this organ, known as "cystitis," from the fact that the bladder itself is a cyst or sac. This condition may occur at any period in life, but oftenest with the aged, and results usually from continued congestion. It may be due to colds, injuries, rheumatism, or extension of inflammation from surrounding organs. Often in young women the trouble arises from a false delicacy about attending to the calls of Nature when visiting, traveling, etc. Frequently the trouble arises from injuries at confinement. The continued use of the catheter is another source of trouble, and infection, the use of alcoholic drinks, etc., are other causes.

The most common symptom in cystitis is the frequent and painful urination. One may have frequent urination from displacements, but only when the mucous membrane lining the bladder becomes extensively inflamed does one have severe pain and a burning sensation. In chronic cases the desire to void urine is almost constant, and the

straining becomes severe and tells upon the whole body, particularly the nervous system. Sometimes the pains extend down the limbs, and where the condition has become chronic there is often a perspiration that smells like urine. There is much mental depression and intense irritability, caused by the sufferer's inability to get much rest day or night from the constant desire to urinate.

When the symptoms are not so severe, but have been present more or less for some time, the trouble is what is known as "catarrh of the bladder." When in the progress of the disease ulceration occurs, blood will be found in the urine, and also mucus, and these increase with the progress of the disease.

When the bladder trouble is merely irritation from a displaced womb, the directions for treating displacements are to be observed carefully and the necessary forms of Vimedia used regularly. Night and morning and as frequently as possible during the day the sufferer should assume the position for correcting the tipping forward or anteversion of the womb.

For prolapsus or falling of the bladder (cystocele), see page 157 on prolapsus of the womb.

Where the bladder is inflamed from other causes, they must be sought for and removed—the blood made to circulate normally through the parts, thus relieving the congestion and inflammation. Ordinary cases of cystitis yield nicely to the Vimedia treatment used faithfully a reasonable length of time; but where infection is the cause, the condition does not come within the clinical range of this treatment, although it cannot but prove helpful, being soothing locally and at the same time a thorough systemic treatment.

VIMEDIA PENCILS should be inserted in the urethra once daily and more frequently in serious conditions. In the case of men they should be inserted in the urethra every night.

VIMEDIA CERATE should be applied daily over the abdomen and over the entire length of the spine and over the floor of the pelvis.

VIMEDIA LIQUID should be taken as directed. It is especially helpful to the entire urinary tract.

VIMEDIA CAPSULES, used in the vagina twice daily in cases of women, help materially in hastening results.

VIMEDIA SUPPOSITORIES, used by men twice daily in the rectum, are very beneficial.

VIMEDIA LAXATIVES should be used at night as long as necessary to insure a full daily movement of the bowels.

Cold compresses over the bladder twice daily during the time of greatest suffering will be found helpful.

Where there is great desire to void urine without any expansion on the part of the muscles controlling the bladder, a hot sitz bath will be found helpful.

The diet should be largely liquid, and none of this of a stimulative nature. When the most acute symptoms have disappeared, the diet may be gradually enlarged.

THE URETHRA.

The urethra is a small canal, through which the urine is discharged from the bladder. It is frequently the seat of an inflammation which may come from without or from within. The acute form is very distressing, and in the chronic form the lining may come away, leaving a raw and bleeding surface, which causes a flow of blood upon urinating. When there is a discharge of mucus accompanying the local trouble, there is more or less catarrh present.

Inflammation of the urethra is known as "urethritis," and the causes are much the same as those producing cystitis, and the treatment is the same. Women frequently suffer from this symptom, following instrumental or tedious delivery at childbirth; all the surrounding organs and parts being more or less injured and inflamed.

CARUNCLES are small urethral tumors which extend from the urethral opening like little tongues. They may cause no pain for some time, but from extensive inflammation throughout the parts may become very much

congested, inflamed, and very sensitive and painful, and may bleed upon the slightest touch.

These conditions are, as a rule, a long time in forming and require faithful, persistent effort in their correction. Operations for the removal of these urethral tumors hardly ever prove successful; more often they but add to the general inflammation.

The nervous system must be brought to a proper functionating power, the blood made to circulate properly, pelvic congestion removed, and the whole system built up before these conditions yield. The method is not rapid, but it is more reasonable than operations or cauterization, which latter often leaves ulcers that fail to yield to treatment.

In addition to the use of those forms of Vimedia required in cystitis, the external parts should be bathed two or three times daily with cold water and then the parts moistened with a VIMEDIA CAPSULE slightly diluted with olive oil. A small portion of the capsule may also be inserted into the urethral opening. The VIMEDIA URETHRAL PENCILS present a most convenient form for introduction into the urethral passage.

Vimedia is a perfectly safe treatment to use in these conditions, and the process of obtaining results under it is a much more logical one than with methods heretofore employed. Marked beneficial results have been obtained in thousands of instances.

STRICTURE OF THE URETHRA.

Stricture of the urethra in men arises from a thickening of the mucous membranes of the canal, which narrows the channel. When the condition becomes so severe that the channel practically closes, intense suffering ensues.

In the early stages this trouble yields nicely to the Vimedia treatment, since it softens and absorbs the abnormal tissue and reduces the inflammation that is causing the thickening of the walls of the parts.

VIMEDIA PENCILS should be used in the urethral canal twice daily.

VIMEDIA CERATE should be applied over the spine, abdomen, and floor of the pelvis once or twice daily.

VIMEDIA LIQUID should be taken three times daily, as per directions.

VIMEDIA SUPPOSITORIES should be used in the rectum to hasten the removal of the general congestion and inflammation.

INCONTINENCE OF URINE.

A weakness of the bladder results in inability to retain the urine, and many children are unjustly punished for a condition they cannot avoid. This is a trouble that yields nicely to the Vimedia treatment, the forms employed being the cerate and liquid; the former to be applied twice daily over the spine, abdomen, and floor of the pelvis, and the latter to be taken in from two to five-drop doses—depending on the age of the child and the extent of the trouble. Infants and small children may take the liquid in from one to two-drop doses three times daily, well diluted with hot water. A child of from six to ten years may use the liquid in from three to five-drop doses.

CHAPTER XXXVI.

VARICOSE VEINS AND ULCERS.

WHEN VEINS have become so much relaxed and overdilated that they are holding an abnormal quantity of blood they are known as "varicose veins." This condition is usually found in the lower extremities. In this part of the body the veins have valves which prevent the running backward of the venous blood as it returns on its course towards the heart, and the valves aid the heart's action in pumping the blood along.

The trouble begins with a lowered nervous and muscular tone and a sluggish circulation, followed by a gradual enlargement of the veins. The distended capillaries appear under the skin like branches of a tree, and the dilated veins stand out above the level of the skin. Should the vessels burst, serious results follow and sometimes fatal hemorrhages ensue. Frequently there is a slow oozing of the blood into the surrounding tissues, producing a dropsical condition, the skin having a solid, non-resisting, marble-like appearance that does not dent under pressure as in ordinary dropsical conditions. An eruption, or even eczema, may result from this condition.

The general treatment is to wear an elastic stocking, which affords some temporary relief, but does not effect a cure. The use of an abdominal supporter is advisable in cases of pregnant women where these varicose veins appear.

In this trouble the sufferer should sit with the limb on a level with the body as much as possible, to assist the return flow of blood, which is more difficult when the limb is hanging down.

The limb (elevated) should be cleansed with warm water, and vinegar if no open sores are present, and then a thorough application of the cerate should be made, always rubbing upward to assist the return flow of blood to

the heart. If the rubbing is downward, the flow is impeded and the condition made worse.

Frequently the use of a hot pack brings much relief. This is accomplished by wringing a piece of blanket out of water as hot as can be borne and wrapping about the limb, dry covering being placed over this. The limbs, on a level with the body, should be kept in this pack for fifteen minutes. After removing the pack, the limb should be dried thoroughly and an application of the VIMEDIA CERATE made, as previously directed. One should not use the limb in any way after this pack, but should keep it on a level with the body for an hour or more. When this application is made at night the sufferer may go at once to bed.

The regular taking of the VIMEDIA LIQUID, ten drops in water, half an hour before meals, is a great aid in the correction of this condition. It has a direct effect in restoring the contractile power of the walls of the blood-vessels.

Where the condition has been present so long that a breaking-down of tissue has resulted and ulcers are present, complete rest and quiet are imperative, if one wishes to get well. The area of the limb outside that of the ulcer is to be treated with the warm water and vinegar, dried, and the cerate rubbed in, as previously advised; but the ulcer itself should be cleansed with warm water to a pint of which has been added five drops of carbolic acid and the whole most thoroughly stirred. The parts may be cleansed with pieces of absorbent cotton dipped in the water, but it would be better if the water is sprayed gently all over the ulcer from the tube of a fountain syringe, the spraying, of course, being with but little force.

When dry, a cerate plaster is applied directly over the ulcer. The cerate plaster is made by spreading the cerate on oiled silk, or mutton tallow may be spread on a thin piece of linen and the cerate spread over the tallow, and the cerate side placed over the sore. The tallow prevents the cerate being absorbed by the linen and wasted.

If there are cracks or fissures in the sore, the parts may be sprayed with the VIMEDIA LIQUID, diluted one-half

with water, following the cleansing bath with warm water and carbolic acid, and after this the cerate plaster may be used. Bind on the plaster with pieces of soft old linen or layers of absorbent cotton.

This treatment should be employed twice daily until there is decided improvement, when the single daily treatment will be sufficient.

If pressure in other parts of the body is causing the distention of the veins, such pressure must be removed before a cure can be fully established.

MILKLEG.

Milkleg is a condition arising usually from an infection following childbirth, although sometimes it results from varicose veins during the term of pregnancy. This trouble causes great swelling of the affected leg, accompanied with much pain, tenderness, and fever. The leg is tense and unyielding and does not dent on pressure. Sometimes one leg is attacked first, and then the other.

When caused by a varicose condition it will yield to a thorough use of the Vimedia treatment. The CERATE should be rubbed into the skin of the affected leg from the ankle up, and should be applied over the nerve centers along the spine. The VIMEDIA LIQUID should be taken in from five to ten drop doses three times daily.

When the limb is too painful to be rubbed with the cerate, this may be used in the form of a plaster by spreading it on strips of oiled silk, and binding these around the leg.

When milkleg results from infection which has entered the womb at the time of childbirth, antiseptic douches of hot water with lysol or carbolic acid (20 to 30 drops to one quart of water) are necessary to overcome the infection, while the VIMEDIA CERATE should be applied, as previously described, over the affected limb. The LIQUID should be taken internally and the capsules placed in the vagina to overcome the congestion and inflammation incident to the infection, and to revive and strengthen the nerves and tissues, including the relaxed walls of the blood-vessels.

In this condition it is very important that the bowels be kept thoroughly open, and a VIMEDIA LAXATIVE should be used at night; another in the morning, if necessary.

Rest in bed is essential, especially during the acute stage.

Hot packs around the affected limb for thirty minutes before applying the cerate prove soothing.

CHAPTER XXXVII.

GENERAL CONDITIONS.

IN THE HANDS of those who have come to understand something of the splendid curative powers of Vimedia in chronic conditions, its value in acute troubles when it has been used freely and thoroughly, has often been demonstrated.

There are, of course, certain serious conditions such as fevers, etc., which require the attendance of a skilled physician, but convalescents from such disorders gain more rapidly where the VIMEDIA CERATE especially is employed as an external application for its strengthening effect upon the nervous system. Also other forms of Vimedia may be employed with great advantage, and convalescents from any trouble are invited to correspond with the Hygienic Department in reference to special aids in their cases.

In emergencies and accidents the Vimedia treatment can often be used with great benefit. Particularly is this true of wounds, bruises, sprains, burns, etc. Any fracture, however, no matter how trivial, should have the attention of a physician. If only the muscular tissues are bruised or torn, the parts will ordinarily retain their shape and firmness; but if the bones are broken, the parts become soft and yielding, like a mass of meat.

While waiting for the physician, the sufferer should be made as comfortable as possible. Plenty of clean hot water, clean bandages, etc., should be made ready; the clothing should be loosened; the room kept cool and quiet.

If there is a fractured arm or leg or broken bones elsewhere, the parts should be thoroughly but gently cleansed with hot water, and if it is some time before the physician will arrive, the parts should receive a liberal application of the VIMEDIA CERATE, which will tend to keep down inflammation and prevent blood-poisoning.

A sprain is a wrenching or stretching of the ligaments binding the joints without a dislocation of the bones. The irritation of the nerves extends all the way to the spine, and there is great local pain, swelling, and a disabling of the joint.

The application of heat, followed by a massage of the affected area with the VIMEDIA CERATE, is the best treatment possible. The affected part should have applications as hot as can be borne for ten to fifteen minutes, after which the parts should be dried thoroughly and the cerate rubbed in. If the pain is so severe as not to admit of rubbing, the cerate should be spread on oiled silk and bound on with old pieces of soft linen.

The ordinary wound must first be well cleansed by syringing with clear cool water in which a few drops (ten drops to a quart of water) of carbolic acid have been thoroughly mixed. After this, lay over the surface of the wound and over the skin for an inch on each side of the wound a quantity of the VIMEDIA CERATE sufficient to coat the wound well; over this lay a piece of oiled silk, bandage smoothly, and renew twice a day.

When a wound is made Nature at once attempts to cure by rushing great quantities of blood to the place of injury. The blood may even congregate in such quantities as by its very presence to injure because of crowding the tissues to a swollen condition, not only at the place of injury, but for some distance around. When this condition exists we call it a "state of inflammation," and if the stagnation in the blood-vessels exists long enough, the contents may actually become poisonous. It is this rapid inflammation that causes the danger from wounds which in themselves would not perhaps be serious. When the VIMEDIA CERATE is used at once and freely this inflammation is prevented.

A burn is a destruction of tissue by heat. It need not necessarily be from direct contact with flames; it may result from intense radiation of heat from any hot body.

The first step following a burn is to exclude the air, and for this the VIMEDIA CERATE is excellent. (In very severe burns a first application of a mixture of raw linseed or

olive oil and lime water is very soothing.) The cerate may be slightly melted and poured directly over the affected area and covered with oiled silk and absorbent cotton, or linen cloth may be saturated with the melted cerate and applied. It need only be removed for renewal of the cerate, unless pain or uneasiness of the part otherwise demands.

Where a saturated cloth has been used in the first place and this covered with a dry bandage to exclude the air, the melted cerate may be poured direct on the first bandage when it is time to renew the application, without in any way disturbing the parts.

ANEMIA OR POVERTY OF THE BLOOD.

Anemia is an impoverished condition of the blood, characterized either by a lessening in the quantity of blood, or by a deficiency in one or more of its constituents.

It often occurs in young girls, especially during the time the menstrual function is being established, but may occur at any age, and is sometimes present in certain diseased conditions in men as well as in women. It is apt to follow acute exhausting diseases, such as typhoid, malaria, la grippe, and is a natural result of loss of blood from operations, hemorrhages from the womb, the lungs, the stomach, or from bleeding piles; it also is brought on by exhausting work, and improper nourishment.

The symptoms are great pallor, weakness, exhaustion after even moderate exercise, shortness of breath and palpitation of the heart, languor, chilliness, poor appetite, and digestion, and eruptions on the face. Frequently there are headaches, and in some cases a very weak heart action.

In women the menstrual function is usually interfered with, it becomes scanty and in some cases even absent. This is an effort of nature to conserve the diminished amount of blood, and unless continued for a number of months, need not cause great alarm, although it is a condition that should have thorough attention. (See chapter on Absent Menstruation.)

Occasionally profuse menstruation is met with in

cases of anemia due to the fact that the ill-nourished tissues and blood-vessels have lost their tone and elasticity. The walls of the blood-vessels do not contract properly and the blood continues to ooze away. This of course is a seriously debilitating condition and measures must be employed to check the undue flow of blood.

(See chapter on Profuse Menstruation.)

Whenever anemia is present, no matter from what cause, the Vimedia treatment will bring most beneficial results, the object being twofold; the strengthening of the body in general, so that more blood can be produced by the organs especially designed for this purpose; a better, brisker circulation so that the new, enriched blood is made to course freely throughout the body, strengthening the tissues, blood-vessels, and nerves.

VIMEDIA LIQUID is to be taken according to directions.

VIMEDIA CERATE is to be applied nightly over abdomen and spine, and twice weekly over the entire body to hasten the upbuilding process.

VIMEDIA CAPSULES are to be used if the menstrual function is interfered with, or if there is present any inflammation of the uterine organs.

VIMEDIA TABLETS are to be taken where the condition is complicated with derangement of the stomach or torpidity of the liver.

VIMEDIA SUPPOSITORIES are to be used when the anemia is the result of bleeding piles, or if there is any rectal complication.

VIMEDIA LAXATIVES should be taken if constipation is present, which is quite likely to be the case, due to the general sluggish condition.

The diet should be plain and nourishing, and should consist of easily digested foods, such as milk; eggs, soft boiled or poached or beaten up raw; cream; soups and broths; broiled steak; oysters; fish; cereals; plenty of fruit, fresh or cooked; such vegetables as spinach, beets, carrots, asparagus. Rich pastries, sweets, pickles and salads and strong coffee should be avoided.

Moderate exercise in the fresh air should be taken and one should sleep and live in well ventilated rooms.

Frequent hot baths, as well as the coarse towel or salted towel rubs to stimulate the sluggish circulation, are needful and beneficial.

PARALYSIS.

Paralysis means loss of motion of part or all of the body. It usually occurs in one side of the body, opposite the side of the brain which is affected. Paralysis, following a stroke of apoplexy, is due to the pressure of a blood-clot on the brain. Partial paralysis is that in which only one muscle or one group of muscles is affected. Facial paralysis is a condition where some of the muscles of the face are affected.

While the "stroke" may be sudden, the preliminary warnings, properly recognized and heeded, may avert the final blow. An injury, such as a fall or a blow, may be the direct cause of paralysis, while in children it may follow some of the contagious diseases to which children are particularly subject, especially spinal meningitis.

Locomotor ataxia, wasting palsy, infantile paralysis, and shaking palsy are different varieties of paralysis or of nerve-weakness caused by degeneration of some of the nervous centers in the brain and spine. A cure of the trouble depends upon the cause. A long established case of paralysis is scarcely amenable to treatment, and yet marked results have been obtained in hundreds of cases.

If the nerve-centers controlling the affected part of the body are not destroyed, there is always a chance that they can be built up, strengthened, and restored to proper functionating power through the wonderfully reviving Vimedia principle; where these centers have been destroyed, no results can be obtained.

Children suffering from paralysis as the result of any acute or contagious disease should have the Vimedia treatment applied most thoroughly, for it is the most practicable for their cases and the one that may be expected to accomplish the most good.

Children suffering from non-assimilation of food or weakness of any sort will very frequently derive the most direct aid from the Vimedia treatment after all other measures have failed, since the Vimedia principle is largely

one of upbuilding the nerve-cells, and tissues of the body, and, given the right assistance, Nature responds nobly in the child's behalf.

Many mothers have found Vimedia a household necessity. Using it for their own troubles, they have found it helpful in the many little ills and emergencies of childhood, and have even proven it of great value in the more serious troubles that have arisen.

ADHESIONS.

Adhesions in the abdominal cavity are caused by inflammation of the peritoneum, the serous membrane covering more or less completely all of the abdominal organs and lining the abdominal walls. In health this peritoneum exudes a sufficient quantity of serum to allow its surfaces to glide over one another without friction.

Inflammation causes an increased exudation of this serum and gives it a glue-like property, sticking the surfaces of the pritoneum together, which results in binding together organs which lie in close touch with one another, as for instance binding the bowels to one another and to the tubes and ovaries, the womb to the rectum, etc. The greater the inflammation, the more extensive the adhesions. Operations are very apt to cause or to increase existing adhesions, as the bruising of tissues incident to an operation so often results in more or less inflammation.

Sterility may be caused by adhesions binding down the finger-like ends of the Fallopian tubes. Displacements, such as retroversions, are very much aggravated and made harder to overcome if there are adhesions. Frequently these adhesions cause severe pain, due to incarcerated nerves; or there may be pulling, dragging pains throughout the abdomen or again sharp, cutting pains, causing great faintness, due to a tearing loose of some adhesive tissues. These adhesions, being of a low grade tissue, usually can be absorbed and broken up completely by a thorough daily massage of the Vimedia Cerate over the abdomen for a reasonable length of time in conjunction with such other forms as are particularly called for.

EARACHE.

Earache is a very common affliction of childhood and may usually be reached through the use of the Vimedia treatment. The ear should first be examined for the presence of any foreign substance, and the outer canal gently cleansed with warm water and a little soap. No force whatever is to be used about the ear, and no hard instrument of any sort should be pushed up into the canal. The ear is very delicate, and rough handling may result in injuries that last a lifetime.

After the outer canal has been thoroughly cleansed, the head being held on that side so that the water runs out and not in, it should be thoroughly dried with bits of absorbent cotton, and then the head held on the other side, so that the Vimedia treatment will run into the ear. VIMEDIA CERATE, to the bulk of three peas, should be dissolved in a teaspoonful of warm olive oil and one or two drops placed in the ear by means of a dropper. After this, the application of a hot-water bottle or a hot bag of sand or salt will prove grateful. The ear and the regions behind it and below it should be thoroughly massaged externally with the VIMEDIA CERATE.

If the ear trouble arises from general catarrhal conditions, then it is necessary that thorough local and systemic treatment be undertaken. The VIMEDIA LIQUID should be taken internally three times daily and also used as a spray for the nose and throat, particularly the throat, as it is the seat of congestion and inflammation. This inflammation may close one or both of the Eustachian tubes or partially close them, giving rise to buzzing, ringing noises in the head, which are very annoying and which may lead to total deafness.

As previously directed, the Vimedia treatment should be employed for both ears, if both are affected, and the cerate applied most faithfully around the ear, particularly over the hollow space below the soft part of the ear, over the throat, and back of the neck.

When the noises in the head are very annoying, a good plan is to try to force air through the passages, but

without great force, which might prove injurious. To do this, grasp the nose firmly, shut the mouth tightly, and attempt to blow the nose. The air, finding no other outlet, will rush through the Eustachian tube, thus helping in clearing a passage. This should be done very gently at first, and at no time should great force be used, since there might be danger of rupturing the ear-drum.

This apparently useless measure is sure in time to be followed by helpful results, especially if the Vimedia treatment is used faithfully to remove congestion and inflammation and strengthen and build up the nerves, cells, and tissues of the parts.

Where the ear trouble arises from hardening of wax, this should first be softened through the use of warm olive oil, followed by the use of the Vimedia treatment. Water should never be used until the hardened wax is thoroughly softened, when it may be gradually washed from the canal with warm water. The Vimedia treatment should be continued for a time, so as to prevent the abnormal secretion of wax in the canal thereafter.

Where partial deafness exists as the result of catarrhal conditions, a thorough upbuilding of the body is necessary as well as the removal of the catarrhal conditions. This requires much patience and persistent effort each and every day for a reasonable length of time.

Where total deafness exists, no cure has yet been found.

THE EYE.

The eyes are often over-strained from close application to some line of work that requires their constant use, and trouble with them should be given prompt attention. Bathing in hot water is helpful oftentimes, while all possible rest from strain should be taken advantage of. The application of the VIMEDIA CERATE *externally* over the eyelids helps in allaying any inflammation and in giving strength and tone to the tissues.

Granulation of the eyelids is a more or less serious trouble, arising from the diseased condition of the delicate membrane lining the lids and covering the ball. In

this trouble the edges of the lids are swollen, there is a sensation of sand in the eye, and the balls and lids may become extremely painful, the eyes being very sensitive to the light.

In common forms of granulation, good results can be obtained through the use of an antiseptic wash for the eye, such as borax water, a solution of a half teaspoonful of boracic acid in a cupful of water, this being used to bathe the eyes freely. Afterward the *external* parts should be gently but thoroughly massaged with the VIMEDIA CERATE.

A constitutional upbuilding is required, and VIMEDIA LIQUID should be taken internally and the cerate applied externally over the nerve-centers in the spine. Care in diet should be taken, stimulating foods avoided, and one should have plenty of fresh air and sunshine. When the sufferer is outdoors, the eyes should be protected with bandages or green shades or smoked glasses, and even in the house glaring light should be avoided. Proper rest of these members is imperative in these diseased conditions.

Spots or specks before the eye do not indicate a derangement of that organ, but more frequently a derangement of the liver.

The eyes of children should be examined directly after birth for any indication of diseased conditions, as the proper care of infants at this time means a great deal for their future health and happiness. The mother should insist upon the nurse or physician giving this matter prompt attention. The child's eyes should always be cleansed with a little antiseptic preparation, such as borax water.

Where it is observed that the infant's eyelids are of a reddish-purple color and there is considerable discharge, the attention of the attending physician should be called to the matter, or, better still, if procurable, an oculist should be called, since it is a matter that may result in total blindness.

Children's eyes sometimes become infected through the use of towels or cloths used by adults suffering with leukorrhea or infectious diseases. Acute suffering fol-

lows, and there may be rapid inflammation and pus formation. Such conditions should have the attention of a skilled physician; but, since prevention is better than cure, a child early in life should be trained to wash its hands frequently and if possible to use his or her individual towel and drinking cup; especially is this wise when traveling or when visiting the lavatories of stores, schools, theaters, etc.

A nourishing, non-stimulating diet is necessary in all cases of eye trouble, also as much rest and freedom from the use of the eyes as possible.

APPENDIX

A PERSONAL LETTER TO ONE CONSIDERING THE USE OF VIMEDIA.

KIND FRIEND,—You have, we trust, read our book with interest and weighed its matter carefully; if so, you have, without doubt, come to see that the Vimedia natural system of home treatment is perfectly safe for you to use, and that it is more logical than any other method you may have used.

You have come to realize that the cure of disease is based on unalterable laws of Nature—laws as fixed as those controlling the rising and setting of the sun; you also realize more vividly that it is much easier to drift down stream with disease than it is to turn and work one's way back, that there is absolutely no royal road to health; that anything that offers you immediate relief only must be in the nature of a palliative measure—Vimedia is not of that class.

As an intelligent, reasoning human being you *know* that while such palliative measures may afford a little temporary relief, the real diseased conditions continue to progress steadily.

You understand, no doubt, that the removal of any organ of the body is in direct violation of Nature's laws, and that all such violations must be paid for in great suffering and bitter regret; you realize that an organ once removed can never be restored and that nothing can replace the functions that should belong to that organ.

You also realize if you have been so unfortunate as to have submitted to one operation, that a second one will not cure the harm of the first, and that the only thing you can do is to aid Nature with a natural treatment to remove the inflammation and congestion following the use of the knife, relieve the nerve-pressure from adhesive tissue, and re-establish a normal circulation through the parts. You realize, we trust, that Vimedia is the right

kind of aid to Nature, and that under its use Nature will respond nobly and do her best to right conditions.

You undoubtedly appreciate the wonderful advancement that has been made during the past twenty-five years in all lines of endeavor. You are of the intelligent, thinking class that is in line with modern endeavor in the stamping out of diseased conditions, and, better still, the preventing of these troubles. You appreciate the advantages of recognized laws of hygiene, etc., and realize the world is rapidly growing better under the recognition of established laws of health. Vimedia must, therefore, appeal to you as a treatment along the latest lines of investigation—a treatment based on natural laws—safe, sane, and logical—a treatment you are going to make thorough use of before resorting to anything else.

You will have every reason to be satisfied with results, and we shall add to our host of friends another enthusiastic patron to further the Vimedia Cause, for this world-wide Vimedia business is being built up on RESULTS ALONE.

You are further assured that a thorough investigation costs you nothing. A letter to the Hygienic Department will receive careful and sympathetic attention. If your condition is out of the ordinary, we will give it careful study, and advise you whether or not it can be reached by this treatment. If not, we shall be perfectly frank with you, since we could not afford to accept your case unless we could do you good.

You should not, however, confuse Vimedia with cheap and questionable preparations. Vimedia stands in a class alone, and while it may seem high-priced in one sense of the term, it is not so in fact, for it competes with the long, non-curative and expensive local treatments, the painful, costly and dangerous operations, and WINS, and that at one-half or one-third their price.

You will appreciate that the Vimedia system of treatment is more than a local treatment, more than an external treatment, more than an internal treatment—it is a perfect whole that attacks disease at every available

point, and that revives and builds up the body from every available point.

You should find what thousands of other women and men have found, that Vimedia is worth many times its weight in gold to any sufferer within its curative range; and, to one who must count the cost, Vimedia is the very cheapest thing in the world, for anything that does not bring results is dear at any price, even if procured at no expense. The best treatment is simply the one most perfectly adapted to accomplish its purpose—a cure. By this test, VIMEDIA is best and therefore costs the least. Investigation costs nothing.

You may be one of the thousands of ailing women who have experimented much and long without results, and have lost faith in everything, nevertheless we ask that you make a thorough determined use of Vimedia a reasonable time, as it is different in substance from anything else you may have tried and different in results. We do not ask faith, but patient, earnest endeavor under the treatment, and results should more than justify your efforts—make of you a new woman, with a new lease on life and a new outlook. During the long time you have been ailing, disease has not only affected every nerve and tissue cell, but has warped your mental outlook and has made you more or less a victim to despondency and despair.

Your own faithful use of Vimedia will change all this, and should give you both a healthy body and a healthy, normal outlook on life, and bring to you the sunshine of perfect well-being, physical and mental. To you in particular we extend our sincere sympathy and our most earnest desire to help you, for there is no greater happiness than that of helping others back to health. As you become well and strong under Vimedia you will not fail to recall your oyn obligations to other suffering sisters and brothers, and lose no opportunity of telling them of this means of health.

You will find in Vimedia a beautifier as well as a health-bringer. The thickened skin, the dull eye, the drawn, haggard appearance of the face, are conditions that will not be reached by external applications. They

must be reached by removing the cause. It is almost assured that under Vimedia, as one drops the burden of aches and pain, one also drops the burden of the years, and not only grows back to health and strength in Nature's own way, but grows younger and more beautiful.

You realize beauty is more than skin deep—it is as deep as blood and muscle and brain. It is logical to expect that with disease removed, with a nervous system built up and strengthened, and with pure blood circulating freely, one should have a clear skin, bright eyes, the flush of health in the cheek and elasticity to the step that bespeaks the woman physically perfect and therefore *The Woman Beautiful.*

You are master of to-day alone. The value to you of a stated fact is the use you make of it. *Yesterday* is dead —dead to you forever, with its lost opportunities, the future is not here; *to-day* only is yours. Do not neglect this matter or put it off until to-morrow, but act now, *to-day,* that you may begin to lay down the burden.

With best wishes for you, we beg to remain,

Sincerely your friends,

THE VIMEDIA COMPANY.

A PERSONAL LETTER TO ONE USING VIMEDIA.

KIND FRIEND,—You have now started on the road to health, and under a faithful, persistent use of treatment for a reasonable length of time there is no reason why you should not obtain marked beneficial results. You realize, however, that it is your business to get well, and that no one can do this for you. Vimedia on the shelf never cured anyone, and we do not claim that it does; Vimedia indifferently and insufficiently applied has too much with which to contend, and we cannot in such instances claim results.

You have, however, been convinced that Vimedia rightly used a fair time, proportionate to that in which the diseased conditions have existed, has cured thousands and should cure you. We trust, therefore, that we are going to have your hearty coöperation in this business of getting well; for, after all, it is *your* life, *your* health, and *your* happiness that are at stake.

Your regular reports to the Hygienic Department are necessary in order that you may obtain special and helpful suggestions on your case. While the treatment in itself accomplishes marked results, there are always hygienic aids such as special baths, compresses, exercises, etc., for the individual case that materially hasten results by promoting the curative action of the remedies. If you are in a hurry to get well, you should, therefore, avail yourself of special help in these measures.

There is no royal road to health, as you have doubtless found out during the time you have been ailing. A palliative measure but deadens the pain, paying no attention to the cause. To treat for symptoms alone is entirely useless. While it takes time to get at the root of the trouble and remove it, this is the only logical way for you to become well. You would not think of erecting a house on a foundation of sand, and you cannot expect

to build health on disease. Every nerve-cell, and tissue in the body has become more or less impaired during the time of your ill health, and every one must be relieved of its burden of disease and built up to normal.

You cannot rid the body of disease at one stroke; operations try this, and operations, as many women know by bitter experience, fail. Health comes as a rule with quiet and small steps, very rarely with great swift strides. Only particle by particle, day after day, week after week, and month after month, can you remove the diseased conditions and build up the body to normal.

Your time and perseverance are required, but the result is worth all that is put into it, and more—more a thousand times, as patrons will tell you who have found this way to health before you and have become well and happy. Vimedia well used brings a more than royal reward.

No two people respond exactly alike to the treatment, you may expect more or less variation from your neighbor's progress, for your condition is more or less different. Some people, being in a state of high nervous tension, react strongly to any curative change, and hence it is advisable that such patrons beginning the treatment do so with just one-half the prescribed amount until the system becomes accustomed to the medication. Some patrons respond to the reviving principle at once and feel better the first month, others see no change whatever, and still others feel worse; the latter may in reality be making the fastest progress, for the fact that they feel worse means that the remedies are making vigorous changes in the circulation, forcing on the congestion, relieving nerves from pressure, and making the many changes that are absolutely necessary to a cure.

You may not realize that it may be a matter for congratulation if you feel worse, but such is the fact. There are so many changes necessary in the carrying out of disease that there is bound to be more or less systemic disturbance. The sooner one gets the disturbance the quicker the diseased conditions are removed and the quicker the upbuilding process can begin. In some cases it requires a

great deal of treatment in the system before we begin to get the removal of the diseased conditions; consequently some patrons feel worse at the third or fourth month.

You need not, therefore, be puzzled by a period of reaction somewhere along the course, nor allow it to discourage you in any way, but appreciate the fact that you are getting results, that you are really better, though perhaps feeling worse. Should the disturbance seem too much, one should reduce treatment for a time, thus bringing the changes about less rapidly, but with more comfort.

After disease is removed, and the upbuilding process begins, you naturally feel much better, so much so that you may wish to discontinue the treatment; this is unwise, however, as a little reflection will show. You know that in acute troubles (fevers, etc.) the convalescent stage is often the most dangerous, and you can realize that with disease removed the organs are still weak and in need of special upbuilding, and you should therefore redouble your efforts in using treatment most faithfully until every nerve-cell, and tissue is built up to normal, thus establishing a sure and permanent cure—such a cure that in years afterward you can state that you are still well.

You may have been ailing five, ten or twenty years or more, if so, it is illogical to expect great results in a few months. The curative changes are taking place, however, and one should be wholly satisfied to expect a cure in not less than a year, and possibly longer. A year is no time at all in proportion to the long time one has been ailing, and yet a year under the Vimedia treatment, faithfully and persistently applied, will bring marked beneficial results, even in the most chronic conditions.

Your business now is to get well, and under natural laws, as demonstrated in the Vimedia treatment, there is no reason why you cannot become well. You may rely upon our interest and advice and help at all times, for it is not a question with us of *one more sale,* but a question of *one more cure,* and unless you are willing to give time and attention to this business of getting well, we prefer that you do not use the treatment. There are numerous ailing women who will thankfully make use of the oppor-

tunity to find health, but one who will not do justice to the treatment will not do justice to herself and will not find health.

Your needs, whenever put before the Hygienic Department, will receive conscientious and competent attention. We EXPECT a health statement from you at least once a month, but in any of the perplexities that may arise all that you need to do to receive special counsel, is to fill out a health statement and send it in.

You are starting out with determined feet upon THE WAY TO HEALTH through Vimedia, with the assurance that you can and will reach the desired goal, to which end we remain,

Most sincerely yours,

THE VIMEDIA COMPANY.

Hygienic Aids

COMPRESSES.

A compress, hot or cold, may be applied as a temporary measure for relief from pain and to stimulate the circulation through the affected parts. As a rule, the hot compress or fomentation is found the most helpful to relieve pain or inflammation. Frequently, however, we find intensive inflammation, as in peritonitis, hemorrhages, etc., requiring the use of cold compresses to assist in contracting the blood-vessels and allaying the inflammation.

Hot compresses should be made from a towel wrung from hot water applied next the person, on which is placed a hot-water bottle half filled with hot water, to keep the compress at an even temperature. The compress may be used from thirty minutes to an hour, depending upon the extent of the trouble, location, etc.

Hot compresses over the ovaries or abdomen are the same as those directed under the chapter regarding the application of the VIMEDIA CERATE. These compresses should always be followed by the cerate-rub or cerate plaster.

Hot Japanese compresses are sometimes used where dry heat is necessary. These are made by using the little Japanese hand-stoves filled with burning punk, which stoves and material can usually be found at any drug store. A dry flannel should first be applied over the area on which the heat is to be used, and then one or more of the little stoves used, as required. These keep up an even heat for some time, which will be very grateful to the sufferer. After the removal of the dry heat, the cerate should be applied, as usual.

HOT COMPRESSES FOR THE LEGS.

The sufferer should sit with the limb on a level with the body, or, if preferred, the treatment may be employed on retiring. Heavy pieces of flannel or pieces of blanket should be wrung from water as hot as can be borne, and the limb wrapped from the knee down. Cover with several thicknesses of dry flannel and keep in this pack from fifteen to thirty minutes; remove, dry very thoroughly, and rub with the cerate for thirty minutes, always rubbing with an upward movement toward the heart. After this compress it is best for one to remain off the feet for an hour or more.

HOT AND COLD COMPRESSES OVER THE LIVER.

This is one of the best methods for gently stimulating the activity of the liver. Take a towel, wring it from hot water, and apply it over the area of the liver, covering with a dry towel. In five minutes change this for a towel wrung from cold water, and keep this up, alternately using hot and cold, for from thirty minutes to an hour. Upon the removal of the last compress, which should be a hot one, massage the area of the liver very thoroughly with the cerate for not less than thirty minutes.

WET TOWEL COMPRESSES OVER THE LIVER.

Where not convenient to use the hot and cold compresses alternately, a wet towel compress may be substituted. This should be used after a thorough application of the cerate to the parts. Take a long towel, wring it from cold water, and wrap it two or three times about the body just above the hips and under the arms, and cover with a dry cloth, preferably flannel; use a warm night-dress.

Allow this to remain on all night, and in the morning, after removing and drying thoroughly, massage the area over the liver again with the VIMEDIA CERATE.

COLD COMPRESSES ON THE CHEST.

This is advisable in any form of lung trouble, severe colds, etc. The patient should lie upon the bed, with a

hot-water bottle half filled with hot water at the back between the shoulders, and with the body well protected with covering; dry heat should be applied at the feet. An attendant should sit at the side of the bed and wring towels from cold water, placing one on the chest and covering with a dry towel. In five minutes change for a colder one, under the cover, so as not to expose the body.

Keep this up for an hour or more, according to the sufferer's strength. Remove the last, dry very thoroughly, and then rub the chest and the back between the shoulders with a coarse towel until the skin is scarlet with the friction, then apply the cerate thoroughly to chest and back. Afterward one may rub over the skin with warm olive oil to prevent taking cold. These compresses may be used two or three times weekly, or every other night if the condition demands and the patient's strength is sufficient. The cerate, however, should be applied every night and every morning until the conditions have decidedly improved.

COLD COMPRESSES ON THE ABDOMEN.

Cold compresses over the abdomen are beneficial in extensive inflammation, such as peritonitis or hemorrhages. Take an old piece of soft linen and wring from cold water; place gently over the abdomen, changing frequently as required to keep the application cold. This should be kept up for thirty minutes or more, after which the cerate should be melted and poured over the abdomen and the whole covered with oiled silk. Ice compresses are sometimes used instead, made by filling an ice-bag or a hot-water bottle half full of crushed ice and applying over the abdomen. Use heat at the feet always when cold is being applied elsewhere, and keep the body protected with covering.

POULTICES.

Poultices are not used as frequently as they formerly were, the compress being found more helpful and hygienic. However, for some conditions the use of a poultice is advisable, and a list of the most common ones is given here.

Poultices are made by taking a thin piece of old sheeting or other linen and spreading the poultice material while hot on this and folding over, so as to maintain an even thickness. Apply at once.

FLAXSEED POULTICE.

Ground flaxseed stirred into boiling water until it is the consistency of mush.

BREAD POULTICE.

Use very dry bread; pour over it boiling water; squeeze and drain dry and mash quickly with a fork and spread on cloth.

CHARCOAL POULTICE.

Mix fine charcoal thickly in a bread poultice and sprinkle the surface thickly with powdered charcoal. A favorite application for foul-smelling ulcers and open sores.

MUSTARD POULTICE.

Beat the white of an egg until thin, but not stiff; stir in ground mustard until thick. This has the counter-irritating properties of the ordinary mustard plaster, without the tendency to blister.

HOT POULTICE.

Sew dried hops in a cheese-cloth bag, pour boiling water on it, or steam in a steamer until thoroughly moistened. Soothing for nervous sick headache, etc.

ENEMAS.

An enema may be used for clearing out any accumulation of waste from the lower bowel, or for medicinal or nutritive purposes. Enemas for clearing the bowel may be composed of water or of soap suds, glycerine or other medicinal agents. Special directions will be given by the Hygienic Department upon request.

THE ENEMA FOR NOURISHMENT.

In using an enema for this purpose it is necessary that the bowel be empty, that the injection be thrown high up, and that it be given every two hours, a small quantity at a time. Conditions most commonly calling for this form

of feeding are ulcers or cancers of the stomach, acute gastritis, lockjaw, low exhausting fevers, coma, or mechanical interference with the digestive tract higher up. These enemas should usually be applied only under the directions of a physician. They may consist of warm milk or raw eggs beaten up in a cup of warm milk, beef tea, etc. Swallowing a VIMEDIA CAPSULE several times daily has done much to allay ulceration of the stomach and to make nourishment of the body possible.

THE ENEMA FOR REMOVING WORMS.

For this purpose use salt water, a dessertspoonful of salt to a pint of water, and inject high into the bowel.

THE ENEMA FOR DIARRHEA.

Injections are sometimes useful in restraining diarrhea, especially with debilitating choleraic discharges. For this purpose only a very small quantity is used. An ounce or about four tablespoonfuls of water in which is half a teaspoonful of VIMEDIA LIQUID is to be injected and retained, if possible, for ten or fifteen minutes. A VIMEDIA CAPSULE swallowed every two or three hours is very helpful in correcting this trouble.

VAGINAL DOUCHES.

Douches are advised for cleansing the mucous membranes of the vaginal passage and to stimulate the circulation through the parts. A douche should ordinarily be used nightly, unless otherwise advised. A warm douche of a quart of water, taken in a reclining position, will not prove weakening. Large hot douches and douches taken frequently over a toilet are not advised. In the reclining position a bed-pan will be required to catch the water, unless a vaginal re-current tip is used, which provides an inlet and outlet for the water. The douche-bag should be hung at a height above the head that will give comfortable pressure of flow, but no force. Too hot or too frequent hot douches unduly relax the system.

While usually the warm douche only is required, where the patient finds the capsule not absorbing on account of lack of local circulation, a hot douche may be

used to stimulate the flow of blood and cause the capsule to be more quickly dissolved and absorbed. Not more than a quart of water should be used in the ordinary douche.

Where the discharge is copious and thick, a teaspoonful of borax added to the quart of water will clear the walls of the vagina and promote the better absorption of the capsule. Where there is much ulceration or irritation, a teaspoonful of glycerine may also be added or the glycerine used without the borax.

Where the parts are extremely raw and painful, there may be used a douche of from two to three quarts of hot milk two or three times daily, or one of thin boiled starch water.

Where VIMEDIA LIQUID is advised for the douche, a plain warm-water douche should first be used, then one of a pint of warm water to which has been added a teaspoonful of VIMEDIA LIQUID.

Where antiseptics or disinfectants are necessary in the douche, one may use carbolic acid, ten drops to a quart of water, thoroughly stirred in the water, or five drops of lysol, or fifteen drops of peroxide of hydrogen.

THE HOT DOUCHE FOR HEMORRHAGE.

This douche should consist of several quarts of water as hot as can be borne. It must be used in a reclining position only, after which the sufferer should not get upon the feet. Repeat each night until the flow is checked. If, after the first douche, there is no appreciable decrease in the flow, add to each quart of water a cupful of vinegar, previously brought to the boiling-point to sterilize it. The vinegar will cause contraction of the blood-vessels and possibly some pain for a time.

BATHS.

The skin is actively engaged at all hours, sleeping or waking, in throwing off waste material, the products of the sebaceous glands, the refuse through perspiration, the scales of worn-out skin. When this waste is not removed, it accumulates in the clothing and in the crevices of the body and decomposes. An unwashed body can be neither

a healthy nor a sweet-smelling body, and the accumulation on its surface acts as a block to further excretions, which are therefore retained in the body, poisoning the whole.

The cleansing bath, therefore is imperative and should be used every week or two or three times a week. The water may be warm or hot and plenty of soap and a flesh-brush should be used.

Pouring water alone over the skin or slightly sponging it does not cleanse it; hence it is necessary to use plenty of hot water and friction to loosen the accumulations and plenty of soap to remove the oil. Before stepping into a hot bath, the face and neck should be bathed with hot water, after this with plenty of cold water, and then dried. This prevents congestion to the head and brain and lassitude. One may stay in the bath from five to fifteen minutes, and it should be followed by dashes of cold water to contract the pores of the skin and equalize the circulation. The cleansing bath had best be taken at night, just before retiring, when the body is to be at rest. *All baths must be avoided for two hours after a meal.* A hot bath should be avoided in cases of piles.

Properly taken, a warm or hot bath should not be followed by weakness or languor, but if it is, then use at longer intervals, according to the individual requirements, vitality, general constitution, etc. Where the regulation bath cannot be used, a sponge bath with warm water and soap cleanses the skin and is highly beneficial.

THE COLD BATH.

Baths of extreme temperatures give a shock to the nervous system, hence cold plunge baths are seldom advised for women. The quick cold sponge bath, however, is highly beneficial and should be used every morning on arising if at all possible. It draws the blood away from the organs, in which it has congested during sleep, and stimulates a brisk circulation, not only on the surface, but all through the body. It is followed by a better tone of the muscles and nerves, a sounder digestion, and clearer thinking. It fortifies the system so as to enable it to withstand atmospheric changes; hence one is less subject to colds and suffers less with the heat. Following the

bath, the whole body should be rubbed vigorously with a coarse towel until reaction follows.

SALTED TOWEL RUBS.

Where the quick cold sponge bath upon arising cannot be employed by delicate women, the salted towel rubs will be found highly beneficial. These are prepared by soaking bath-towels in brine strong enough to float an egg. Dry without wringing. The whole body should be rubbed vigorously with these.

THE HOT BATH.

A hot bath is often found helpful in extreme nervousness, fatigue, and headaches, arising from mental overwork, etc. First, bathe the face and neck with plenty of hot water. Then bathe them freely with cold water to prevent congestion of blood to the head from the hot bath to follow. Then get in a tub of comfortably warm water and increase the temperature by running in hot water until it is as hot as can be borne. Remain in the bath from five to fifteen minutes, sponge off with cooler water, but not cold, dry quickly, and go at once to bed. This is especially beneficial on the beginning of a cold, and together with a good laxative at night and a good hot drink after getting into bed will break up the average cold at once. The laxative must not be omitted, and had best be continued for a night or so afterward. If the hot bath be taken in the morning, it is best to sponge the body off afterward with water that is cold.

CERATE RUB FOLLOWING HOT BATH.

Where the cerate does not absorb as it should, the use of a hot bath for twenty minutes preceding the cerate rub will promote the absorption and prove refreshing and soothing.

SALTED SPONGE BATH.

Dissolve a handful of sea-salt (common salt will do) in a basin of water; sponge off the entire body with this in the morning, dry quickly, and rub the whole body vigorously.

VAPOR BATHS.

These prove highly beneficial in rheumatic conditions and where the absorptive powers of the skin are very poor. Bath cabinets may be procured for a small outlay, and one in the house will prove helpful in many ways. Where no cabinet is at hand, a substitute may be made by using an oil stove under a chair, on which the patient sits wrapped in blankets. Use a chair with a solid wooden seat and under this place an oil or alcohol stove and on this stove set a dish of boiling water. Cover the body from the neck down with a blanket and sit on the chair. The blanket will prevent the escape of the steam, which will open the pores of the skin. A cold wet towel about the head is helpful when using the vapor bath, and water, cool but not cold, may be drunk sparingly while in the bath. The profuse perspiration induced by the steaming carries out many impurities.

After the bath, sponge off the body well with warm soapy water. This bath may be used from two to three times a week, but is not to be used where heart trouble exists. Care must be taken to avoid exposure to drafts during or after using a vapor bath. Only use in a warm room.

HOT FOOT BATH.

Where the general circulation is sluggish as the result of pelvic congestion, this should be more commonly employed than it is. The use of the hot foot-bath tends to equalize the circulation by drawing the excess of blood to the extremities. A handful of salt should be added to keep the feet from becoming tender, and always, after removing and drying thoroughly, warm stockings should be drawn on to retain the heat. Dry heat at the feet after retiring is also helpful.

HOT SITZ BATH.

This is highly beneficial in cases of painful menstruation arising from non-development, scanty or suppressed flow, etc. Use an ordinary sitz bath-tub, or, lacking that, take an ordinary wash-tub, slightly tilted, and place sufficient warm water in this to cover the bottom. Sit in this,

allowing hot water to run in the tub until it is as hot as can be borne and comes up well on the hips and abdomen. Cover the shoulders while taking this bath and, of course, keep the body out of a draft. It should only be used in a warm room. Sit in the bath twenty minutes, remove, dry thoroughly, and rub with the cerate as usual. Hot baths should be used with care where one has piles, as they tend to produce venous congestion and thus may aggravate for a time those enlargements of the hemorrhoidal veins which constitute piles.

COLD SITZ BATH.

This is beneficial in cases of pregnant women, giving tone to the nervous system and strength and elasticity to the abdominal muscles. It is used like the hot sitz bath, except that the patient allows cold water to flow in the tub instead of hot, and at the same time keeps her feet in hot water. Allow the water to come up well on the abdomen and hips, and sit in this five or ten minutes, keeping the body protected with covering. Afterward, it is necessary to rub well with a coarse towel to stimulate the general circulation. This may be used two or three times weekly, as the strength permits.

THE GREAT IMPORTANCE OF DRINKING WATER FREELY.

Much the greater part of every cell and tissue of the body is composed of water. We are more than three-fourths water by actual weight. It is absolutely essential to the life and functions of all living things. The blood and the digestive juices are principally water. It is the means of assimilating food and distributing it to all the cells of the body, and it is the medium for dissolving and removing waste products from the body through the lungs, the skin, the bowels, and the kidneys.

The free drinking of water for the bathing and cleansing of the interior parts of the body is just as important as is its free use for bathing the skin frequently. Water, together with plenty of fresh air, is Nature's greatest cleanser, ridding the blood and tissues of the constantly accumulating waste matter and poisonous chemicals.

All the factories in a great city do not manufacture more classes of chemicals than the human body, and the process is continuous day and night.

Water will flush out these injurious chemicals, insure against their harmfulness by diluting them, and rid the body of poisons by the process of elimination through the excretory organs.

One should drink slowly one or two glasses of water upon arising, and one or two glasses several times between meals and upon retiring.

Only small amounts of water should be sipped during a meal. Large draughts of cold water at mealtime retard digestion, not only by chilling the stomach, but by diluting the gastric juice to such an extent that the food cannot be properly digested.

HYGIENE FOR THE BREASTS.

HOT APPLICATIONS FOR LUMP IN THE BREAST.

Lump or swelling of some of the glands of the breast should be handled just as little as possible. The surrounding area may be well rubbed or massaged with the VIMEDIA CERATE once or twice daily, but the lump itself should not be rubbed, the cerate being applied over it in the form of a plaster spread on oiled silk, or on a cloth coated with mutton tallow.

Heat is usually very grateful in these enlargements, especially if there is much pain and soreness, and it should be applied very gently in the form of a hot compress for fifteen to twenty minutes, then dry gently with pieces of absorbent cotton or old soft linen and apply the cerate as directed. Lump in the breast is often a reflex symptom from uterine or ovarian derangements that is not dangerous in itself, but through neglect or injudicious handling may become so.

COLD APPLICATIONS FOR THE BREAST.

Where the use of the hot applications does not relieve the pain and soreness, and there is much discoloration of the breast, the use of the cold compresses may be more helpful. The patient should lie on the bed with a

hot-water bottle half filled with hot water at the back between the shoulders, and an attendant should sit at the side of the bed and wring towels from cold water, applying these to the breast and covering with a dry towel, keeping the whole body well protected with covering.

When this compress becomes warm, a cooler one should be slipped under the other, avoiding exposure of the body. Sponge off the breast with warm soapy water, and then use the cerate plaster. As results depend upon the amount of cerate absorbed locally, as well as upon the general upbuilding of the strength, the plaster should be renewed as often as the cerate seems to be absorbed.

In these conditions it is necessary to treat not only the breast, but the entire area for some distance around, particularly under the arm and around the other breast, down the spine, and down the affected side. These parts should all be massaged with the cerate.

The cold applications may be used twice daily. As conditions improve, it should be possible to use the hot applications with comfort; but when they cause pain and distress, they should be discontinued again for the cold applications.

OPEN SORE ON THE BREAST.

Where the tissues have broken down extensively an open sore results, and the surface becomes raw and cracked, and the breast may have deep fissures. These should be sprayed with a quart of tepid water in which is well mixed five drops of carbolic acid as a disinfectant. In twenty minutes after this spray the parts with cold water, to an ounce of which has been added a teaspoonful of VIMEDIA LIQUID; then apply the cerate plaster, binding on with pieces of old soft linen.

Care should be exercised that the breasts are not bruised or hurt in any way and that they receive only the most gentle treatment while suffering from these diseased conditions.

ABSCESS.

A collection of pus in any tissue or organ, deposited in a sac or enveloping sheath, is an abscess. With very

few exceptions, it is an indication of low vitality. Abscesses frequently follow fevers and infections or result from accidents, blows, cuts, bruises, or from splinters, thorns, pins, or glass imbedded in the flesh. The abscess is accompanied by fever, chills, pain, and swelling, varying with the amount of pus accumulated. The pain may be relieved by hot applications, these inducing suppuration and discharges; if not, the abscess should be lanced by a physician. When such an opening is made, the pus sac should be freely cut, so as to permit of perfect drainage; afterward it may be covered with a compress of VIMEDIA CERATE, made by saturating a clean piece of linen and held over the surface with several thicknesses of old soft linen. This should be frequently renewed and kept warm. There should be no handling of abscessed parts of the body which would tend to scatter the poisonous accumulations to other parts of the body.

ULCERS OR OPEN SORES.

The first essential in the healing of an open sore is that it be kept clean; for this purpose nothing excels pure warm water. Use a fountain syringe with only moderate force, and let the water run over the surface until perfectly clean. If there is much odor, a few drops of carbolic acid may be mixed in the water; after this, spray again with warm water to which has been added VIMEDIA LIQUID (see "Open Sores on the Breast"), and follow this with a cerate plaster.

POSITIONS FOR CORRECTING DISPLACEMENTS OF THE WOMB.

FOR RETROVERSION.

KNEE-CHEST POSITION.—Kneeling upon the bed or floor, bend the body down so that the chest rests upon bed or floor, the hips being as high as possible and the chest as low as possible. While in this position, use the fingers to separate the walls of the vagina so as to admit the air, and the weight of the uterus will cause it to drop forward.

FOR ANTEVERSION.

Lie upon the bed on the flat of the back, with several pillows under the buttocks and with the feet upon a pillow or low stool; retain this position for several minutes, and there will be a tendency for the womb to fall backward into a more normal position. The cerate application over the abdomen, while in this position, will prove helpful.

FOR PROLAPSUS.

Assume the same position as for anteversion, but with the middle finger of the right hand gently push the uterus upward into a more normal position. If it will not stay, a tampon may be worn during the day to support it artificially for a time, until the ligaments gain sufficient strength to hold it in position.

TAMPONS, OR TEMPORARY SUPPORTS FOR THE WOMB.

Procure at a drug store some sterilized wool (cotton will do, but wool is better—packs less) and make a roll as big around as the thumb and twice as long; tie in the middle with white silk or twist; moisten with a mixture of equal parts of glycerine and olive oil, and push up into the vagina and back of the womb. Where a VIMEDIA CAPSULE is added to the preparation, the desired results are very materially hastened.

If a free, watery discharge follows the use of the glycerine preparation, so much the better, as this is from chronic inflammation, and is better carried out in this way than through the circulation.

If there is any difficulty in placing tampons, they can usually be readily inserted after using the knee-chest position, directions for which are given preceding this article.

It is always more or less difficult to use these tampons at first, but by perseverance one can place them right and derive some comfort from their use, especially on those days on which one is obliged to be on the feet. They should always be removed at night, and gradually the frequency of their use should be reduced until one uses them but once or twice weekly.

T-BANDAGE, SOMETIMES NEEDED TO HOLD UP TAMPONS.

Fasten a strip of muslin about the waist. On the front of this fasten another strip long enough to pass between the limbs and fasten again at the back.

TURPENTINE STUPE.

Take equal parts of turpentine and camphor and add to them just sufficient melted lard to keep from blistering; heat thoroughly; wring a piece of flannel out of this preparation and apply over the painful area, after having first used the cerate for thirty minutes; cover with dry flannel and allow to remain on all night, or cover with a hot-water bottle and allow to remain on for an hour or more. When removing, the parts should be dried thoroughly and bathed with warm soapy water, or with a mixture of the vinegar and water to promote the absorption of the cerate on next application.

MUSTARD PACK.

Stir a tablespoonful of ground mustard into a quart of warm water; wring a towel out of this and apply next the person, covering with a dry towel; allow this to remain as long as one can bear it—up to thirty minutes; remove, dry thoroughly, and rub with the cerate as usual. This is especially helpful where there is pain in the hips.

PENDENT ABDOMINAL MASSAGE.

This is very beneficial in painful menstruation arising from a non-developed condition of the uterine organs, since it permits their swinging forward and a greater stimulation of the circulation through the parts. This should require the service of an attendant, although many have used it by resting the chest on one arm, allowing the other to swing free to massage the abdomen with VIMEDIA CERATE.

In cases of adhesions this massage hastens the breaking up of the low-grade tissue and its removal. It should not be used after an operation, however, nor in cases of abdominal tumors, unless upon special instructions from the Hygienic Department.

The object in this massage is to allow the abdomen to swing free and forward. When one takes a massage in a reclining position, the pelvic contents fall more or less upon the back and are supported; the object in this position is that the pelvic contents swing forward and unsupported, thus allowing a greater stimulation through these organs.

A good plan is to lie with the legs and thighs on the bed and with the upper part of the body supported on a chair by means of the arms and chest. The idea is to have support for the limbs and chest, but to let the abdomen swing free without support. An attendant stands on one side and, reaching over the body, massages thoroughly the other side, or the side by which she is standing; then the position should be reversed and she should massage the other side. Where the sufferer massages herself, one arm swinging free can accomplish this with success, she alternating arms on which the body rests as may be required for comfort. The massaging should be thorough, working upward toward the chest.

Daily physical exercises for different groups of muscles are very beneficial in keeping up the normal strength and tone of the body. The Hygienic Department can furnish special description of these to the patron desiring it.

FORMS AND USES OF VIMEDIA.

In discussing here how to use Vimedia, it is assumed that the reader has satisfied herself or himself that it is better to grow back to health in Nature's way than to attempt an apparent cure by harsh, unnatural methods.

It is assumed that she or he understands that healthful changes brought about in the body must come by means of the life-giving blood—the only means of growth provided by Nature; that this must carry to the tissue-cells such elements as they need to revive their activities and to grow; that it is only as these elements are brought rapidly and constantly by the capillaries that the tissue-cells can make use of them and build continuously; that

any cessation in the building of tissue and the removal of waste is what we know as "disease"; and that only as the nerves which control capillary circulation are able to do their work well does that circulation continue good. It is recognized, therefore, that a strengthening of the nervous system and of the circulation is essential in every diseased condition, no matter what variation of the trouble may be present.

THE VIMEDIA CAPSULE.

The VIMEDIA CAPSULE form is regarded as preeminently necessary for uterine difficulties on account of the great absorptive power of the vaginal mucous membrane, through which the curative elements are introduced directly at the seat of the trouble. Even in those conditions where there is no local trouble in the vagina or its related organs, the capsule is valuable in introducing the treatment into the body more rapidly, and thereby hastening results.

The gelatine covering is best removed and the pencil-form contents placed close to the mouth of the womb, where, by the heat of the tissues, it is dissolved and directly absorbed into the circulation to revive and build up the nerves of the parts and through them force on the stagnant blood that has been held congested at these points for so long a time. While permeating the entire system the most direct effect is felt at the point of application.

A douche of about a quart of warm water taken just before retiring should ordinarily precede the use of the capsule, and if there is a leukorrheal discharge which clings to the walls, a teaspoonful of borax should be added to cleanse the parts, permitting the capsule to come in direct contact with the mucous membranes and be readily absorbed.

The capsules should be kept at a temperature of about seventy degrees to permit of their being firm enough for application, yet soft enough for dissolving; should they appear hard at any time, they may be softened by dipping for an instant in hot water; should they not absorb on account of poor local circulation or dryness of the mem-

branes, only one half-capsule should be used at night, after softening by rolling between the fingers, and the other half used in the morning without a douche, or used in the rectum without douche or injection.

As the absorptive powers improve and the general health responds to the reviving powers of the treatment, the amount of the capsule should be increased and later the double-strength capsule may be used, since the more that can be properly introduced into the system the faster the results. If a patron has improved, but gotten to the point where she is seemingly at a standstill, she is not using enough treatment and should use more of the capsule and more of the cerate. In some cases where one is quite nervous or extremely sensitive it is best to begin with half a capsule only.

The capsule may be used in various other parts of the body with excellent results; particularly is it helpful in the stomach in cases of ulceration, as well as in relaxed conditions of the bowels, diarrhea, etc., one being swallowed three times daily, a half-hour before meals, also at night.

During menstruation the use of the capsule is to be omitted, except that in profuse menstruation it should, after the fourth day, be used in the rectum at night.

THE VIMEDIA CERATE.

No matter what other forms of the treatment are used or what the disease or where located, the application of the VIMEDIA CERATE over the nerve-centers in the spine is always essential, aside from its use locally over inflamed or weakened parts.

Being absorbed directly into the blood through the tissues of the skin, the curative elements in VIMEDIA CERATE escape those chemical changes which have to be allowed for when remedies are taken into the stomach and are there modified by the gastric juices.

A careful reading of the chapter on "The Governing Power of the House" will lead one to see that important centers of the nervous system are along the spine, from which they radiate on each side in countless thousands of

branches. The cerate applied along the spine most directly revives and builds up the nervous system, and with this strengthened, the functionating power of every organ in the body is increased.

Whatever the part of the body in ill condition, it is under the direct control of some nerve-center along the spine; on this fact hinges the marked success of the VIMEDIA CERATE applied over the spine, without the use of which other forms of Vimedia are insufficient in chronic conditions.

The cerate is, of course, more readily applied to the back by another person, yet many successfully apply it for themselves, using the back of the hand instead of the finger-tips.

It is understood that the cerate is used particularly for reviving and strengthening the nerves, through which the general circulation is to be promoted, thus forcing on congestion and relieving inflammation; therefore, the more cerate one can absorb the quicker the results. Some cannot absorb the cerate well at first on account of the deadened condition of the skin, the pores and absorbent ducts remaining closed, and seemingly no blood circulating near the surface; others can absorb this form very readily.

The usual daily application should consist of a piece about the size of a lima-bean, or half a teaspoonful, for back and abdomen. Used in this way the course or quarter-course box of cerate lasts the regulation time; but certain aggravated conditions may require more of the cerate, and while using more freely the patron appreciates that she has made more rapid progress, since results depend on the AMOUNT ABSORBED and not on the length of time applied. That patron is fortunate who can in certain conditions absorb two boxes of the cerate to one of the capsules or other forms.

Previous to the application of the cerate, the skin should be prepared by bathing and rubbing with warm soapy water (unless one is in the habit of taking daily a hot or warm bath), after which it may be bathed with a mixture of one-third vinegar and two-thirds warm water

and dried thoroughly; or friction with a rough bath towel or a flesh-brush may be used for several minutes. The cerate, when rubbed on with a circular movement, absorbs readily. Should any irritation follow the use of the vinegar and water, discontinue it and use only the warm, soapy water.

Sometimes, under the free application of the cerate, the skin may break out in pimples; this is a good indication, showing that Nature is using the skin for an avenue to help rid the body of diseased conditions; these will disappear under the persistent use of the treatment. If any irritation follows their appearance, the cerate may be diluted slightly with olive oil before applying.

The cerate should be applied with the tips of the fingers, since the palm of the hand of an attendant may absorb more of the cerate than the patient is getting into her body. A circular movement is best, especially over the abdomen; but in some instances an up-and-down movement may be used. In conditions where there is much nervousness and head trouble, the application should always be made from the base of the brain down, never up. The limbs, however, should always be rubbed upward, to assist the return flow of blood to the heart.

Cerate applications are to be continued at menstruation, taking care to avoid exposure to colds. Usually, it is better at those times to rub the skin with a coarse towel or a flesh-brush until it is scarlet from the friction, then apply the cerate.

Where there is great tenderness and soreness over any area to which the cerate is to be applied, it should be used in the form of a cerate plaster, instead of being rubbed in, as is the usual way; especially is this true in great ovarian congestion, peritonitis, and tumorous conditions.

The application of the cerate is very important and should never be neglected, since it is fully one-third of the treatment, and if one uses only two-thirds treatment, one gets only two-thirds results. This is the only form that requires considerable time and attention in its application, and the patron is repaid many fold for the time ex-

pended in this way. Hence, whatever else may be neglected, the application of the cerate should not be.

The VIMEDIA CERATE is invaluable for cuts, burns, sores, sore throats, etc., and the patron who has used it for the various little ills of life, always keeps a supply on hand for any emergencies that may arise. By its prompt application when the first symptoms of croup appeared, it has saved many a mother hours of agonizing anxiety.

SPECIAL APPLICATIONS OVER THE SPINE.

Should it be necessary to use hot compresses over the spine to bring the blood to the surface and thus facilitate the absorption of the cerate, such measure often proves extremely soothing and helpful in extreme nervousness, etc.

HOT SPINAL COMPRESSES are used to relieve congestion and increase the circulation; often these also relieve nerve tension. The sufferer should lie upon the bed with the body well protected with covering. Have an attendant sit at the side of the bed and wring towels from hot water, applying these down the entire length of the spine and changing every five minutes by gently lifting the compress and slipping the hot one underneath.

These may be continued thirty to sixty minutes. Sometimes, instead of frequent changes, it is found more convenient to place hot-water bags half filled with hot water along the spine, to keep the compress at the right temperature. Upon removing the compress, the body should be dried thoroughly and the cerate applied as usual. These compresses may be used two or three times weekly.

COLD SPINAL COMPRESSES, for extreme nervousness, tenderness of spine, and inflammation and soreness, are applied in a similar manner, except the towels are wrung from cold water, and heat is applied at the feet and at the sides of the body by means of hot-water bottles, while the entire body is kept well protected with covering. The towels should be changed every five minutes, or as soon as they become warm, by raising the covering and slipping fresh cold towels under the warm ones. After this, the

cerate should be applied as usual. If the spine seems cold and will not absorb the cerate, rub with a coarse towel until the blood is brought to the surface, when the cerate will absorb.

Ice Compresses on the Spine, for acute inflammation, soreness of the spine, nervous debility, and as a tonic to this part of the body, are often helpful. All these special measures, however, should be used only under the directions of the Hygienic Department. The body should be well covered and heat in the form of hot-water bags should be used at the feet and sides. A piece of flannel the length of the spine, but several times as wide, may be used; this flannel may be spread with ground ice, and the pack thus made applied down the length of the spine, while the sufferer lies face downward on the bed.

When warm, this is replaced with another cold compress, and this kept up from thirty minutes to an hour, depending on the sufferer's strength and reaction under the treatment. After each application, following a short rest, if desired, the sufferer should have the spine well massaged with the cerate, using, however, no force.

CERATE OVER THE ABDOMEN, CHEST, AND EXTREMITIES.

By *massage* we mean a careful, thorough kind of rubbing, not the deep, hard, elaborate manipulations commonly employed. Massage of the abdomen should not be used until at least two hours after eating, and the bowels and bladder should be emptied as far as possible; nor should it be used in extensive inflammation with abscess formation, such as ovarian, tubal or tonsillar abscess, in appendicitis or in tumorous conditions.

Here the cerate plaster should take the place of the cerate rub to avoid the danger of scattering the poison. The application of most of the forms of Vimedia is advised at night, since the body is at rest then and the absorptive and recuperative powers are better; where not convenient to apply the cerate at night, it may be applied any time during the day when the sufferer can lie down for an hour or more afterward.

Where hot compresses are advised in the individual case, these are prepared according to directions under "Hygienic Aids." Allow to remain thirty minutes, remove, dry very thoroughly, and then, with the patient lying upon the bed on the back with the knees drawn up, the cerate should be thoroughly massaged into the abdomen.

The hot compresses are advised in any case of chronic congestion and inflammation of the ovaries and uterus, if there is no profuse flow. As the heat tends to stimulate the circulation, the flow would be materially increased under the use of the hot compress; hence for temporary relief from the pain and tenderness in such instances one should use a mustard pack instead, which, as a counter-irritant, will afford some relief. (See "Hygienic Aids.")

CERATE MASSAGE FOR CONSTIPATION.

When applying the cerate to the abdomen at night, much benefit is derived by kneading it with the fist, using a screw-like motion. Begin at the right groin and knead upward until the short ribs are reached, then across just above the navel until the short ribs on the left are reached, then downward to the groin. In this way one follows the course of the ascending, transverse, and descending colon, and assists in establishing the peristaltic motion, which is necessary to successful evacuation of the bowel.

In intense inflammation, acute peritonitis, etc., the cerate is not to be rubbed in, but is to be slightly melted and poured over the abdomen after it has been gently cleansed with warm soapy water or vinegar and water. Over the whole should be applied oiled silk or a cloth spread with pure vaseline or mutton tallow and this bound on with pieces of old soft linen or with pieces of adhesive tissue. The weight of the clothing and bedding should be supported so that there is no weight whatever on this part of the body, and the sufferer should be kept as quiet and comfortable as possible.

In these conditions, as one's judgment will indicate, it is always advisable to have the attention of a physician, but until he comes, or in conjunction with his treatment, the

VIMEDIA CERATE may be used with great advantage. Preceding the use of the cerate, cold compresses may be found helpful, these being old pieces of soft linen wrung from cold water and changed frequently and with care, so as not to render more painful the already intense sensitiveness of the parts. These may be used for from thirty minutes to an hour.

THE VIMEDIA LIQUID.

The VIMEDIA LIQUID renders the treatment systemic as well as local, and it should be invariably employed in all chronic cases, since in this way the treatment is rendered complete. Moreover, a woman soon learns that the mucous membranes throughout the body, being well supplied with blood-vessels, are not only liable to congestion, but have high absorptive qualities, and it appeals to her as reasonable that the mucous membranes of the nose, throat, and bronchial tubes, when congested and inflamed, can be most directly reached by the liquid used as a spray. This not only applies to her own condition, but that of her husband or child.

Under the use of the liquid locally the inflammation is attacked directly, and while this itself would not establish a cure, it hastens results, the cerate being used at the same time to build up the nervous system which controls the supply of blood to the parts. Under the use of the liquid, therefore, a more healthy mucous membrane is established, and when under the cerate the nervous system is strengthened, catarrh, acute or chronic, yields to the use of the treatment. The VIMEDIA LIQUID for this purpose is used in an atomizer as a spray for the nose and throat, since an atomizer allows of the throwing of minute particles over the surface of the membrane.

The use of a small glass nasal douche or gargling may be substituted, although, of course, one can readily understand the results are not as quick as by the other method. Twenty drops of the liquid are mixed with a tablespoonful of boiled water, and the strength of this preparation is gradually increased in chronic cases until one can use it half-and-half or even stronger. For children the prepa-

ration is ten drops of the liquid to a tablespoonful of boiled water. While spraying the nose and throat, inhaling the breath draws the treatment further into the parts and therefore covers more of the membrane. Care should be taken, of course, not to inhale so strongly as to cause strangulation.

In chronic catarrh or chronic lung trouble this spraying may be done several times daily. Two or three inhalations or pressures on the bulb of an atomizer is sufficient at one time. In cases of tonsilitis and croup that are acute, the spraying should be done at intervals of every half-hour, while a cold compress should be used on the throat for thirty minutes, followed by a thorough cerate rub. At night the cold compress or pack should be allowed to remain on all night.

In chronic catarrh, where there is much discharge of mucus, before using the liquid spray the parts should be cleansed by snuffing warm water to which has been added a little salt—a teaspoonful to the pint of water.

The VIMEDIA LIQUID is a most important part of the treatment for asthma and hay fever. Frequent use should be made of the salt-water douche and gargle for the purpose of cleansing and hardening the surfaces, after which the spray should be used as directed.

The VIMEDIA LIQUID should also be taken internally in small doses, and the cerate should, in all cases, be applied freely over the neck, chest, and back between the shoulders. The more severe and long-seated the catarrhal conditions causing the fever the more faithfully should both liquid and cerate be applied, and results patiently awaited, since this is a condition obstinate and deep-seated and one that will not yield quickly.

As a systemic treatment the liquid should be used in from three- to five-drop doses three times daily, thirty minutes before meals, well diluted with hot water; in a month this quantity should be gradually increased to ten-drop doses three times daily; this should be measured with a dropper, and the dose not increased without instructions from the Hygienic Department.

Where torpidity of the liver exists in addition to the other disturbances, the tablets are to be used at or after meals and the liquid thirty minutes after meals, in from three- to five-drop doses, until the condition of the liver is so greatly improved that the full dose of ten drops may be used without systemic disturbance.

As the liquid stimulates the circulation, gathers up the impurities and unloads them on the organs of elimination, if the liver is torpid and inactive, the full dose of this form is likely to make more work for the liver than it can carry, and consequently cause some disturbance. This is why the use of VIMEDIA TABLETS for the liver and digestion is so necessary to procure a proper action of the liver. Patrons should study their cases carefully and follow such special directions as may be given by the Hygienic Department for their individual conditions.

In catarrhal conditions of the stomach the liquid is to be used as directed, beginning with five-drop doses and increasing. Where there is ulceration or inability to retain any food, etc., the VIMEDIA CAPSULES are to be used via the stomach, one swallowed three times daily.

The liquid is readily absorbed into the system and not only helps to correct any local disorder in the stomach, but stimulates the circulation, purifies the blood, and assists the organs of elimination (particularly the kidneys) in removing waste from the body, and thus renders the treatment systemic as well as local.

Where the liquid and the SOVEREIGN TONIC are both used, the tonic is used midway between meals and upon retiring, or they may be taken at the same time in a little water, half an hour before meals.

For infants suffering with malnutrition, one drop of the liquid should be given three times daily, diluted well with warm water, and the cerate should be rubbed over the entire body once daily, after the skin has been well cleansed.

For older children suffering with sore throats, adenoids, etc., three-drop doses may be given internally and a local spray used of ten drops of the VIMEDIA LIQUID, diluted with a tablespoonful of boiled water.

THE VIMEDIA TABLETS.

Nine-tenths of the people suffer more or less from liver trouble and many go on treating for symptoms arising from this condition, without curative results. Heart trouble, nerve trouble, stomach trouble, partial paralysis, and numb feeling throughout different parts of the body, can often be traced directly to derangement of the liver. As it is the largest organ, it is logical to suppose that it is oftenest disturbed. (See the chapter on "The Liver.")

The VIMEDIA TABLETS are designed particularly to stimulate the action of the liver; they are not drastic, like calomel, etc., but gently stimulate this organ to do its work until such a time as, through the strengthened nervous system, its proper functions can be restored. The tablets also supply vegetable digestive principles which help the stomach in its work until it can functionate unaided.

Those who lead an active life are hardly ever troubled with liver derangement; but those who lead a sedentary life, and particularly women who wear more or less tight clothing around the waist, are forced to turn to some method for the proper stimulus of the liver, and special massages with the cerate, hot and cold compresses, etc., are beneficial. A cure of the trouble, however, depends upon bringing up the liver to a proper functionating power, and this is accomplished through the faithful use of the VIMEDIA TABLETS and the VIMEDIA CERATE externally to build up the nervous system, on which the functions of the liver, as well as other organs in the body, depend.

Where women are suffering from stomach trouble as a reflex symptom from other derangements, the use of the tablets will prove very helpful until such time as the cause is removed and the general health built up. The average case with women requires the capsules, cerate, liquid, and tablets, and frequently the laxatives.

In cases of great weakness from uterine difficulties together with torpidity of the liver and stomach derangement, the SOVEREIGN TONIC is to be used at first (holding

the liquid in reserve), together with the tablets, capsules, and cerate. Later, when the liver and stomach are in better condition, and the body has responded to the strengthening effect from the tonic, the liquid is to be used as a systemic treatment to perfect a cure.

THE VIMEDIA LAXATIVES.

A majority of the cases coming under the treatment are complicated by constipation; hence it is important that special measures be used to keep the system cleared of impurities, which, if retained, poison the whole body and very materially lessen the curative power of the treatment. It is a self-evident fact that one gains nothing by pouring pure water into a stagnant pond that has no outlet, and one cannot hope to accomplish results under the Vimedia treatment unless the bowels move fully and freely and carry out the unusable food residue.

People have long realized that this is one of the necessities of life, but have used cathartics, which merely moved the bowels; hence they have had to keep up that treatment indefinitely. The VIMEDIA LAXATIVES not only move the bowels, but contribute their share towards the strengthening of the bowels so that their function may become entirely normal. In chronic constipation of long standing the bowels sometimes become partially paralyzed, and it requires time and effort to overcome the trouble.

Care as to diet, the drinking of plenty of water on arising, on retiring and between meals, physical exercise, proper rest, etc., help in correcting the trouble, but, above all, the cause, wherever located, must be sought for and removed. Until that is accomplished, the VIMEDIA LAXATIVE should be used regularly until more normal conditions are established. These are mild in their action and not at all drastic, the aim being to move the bowels and stimulate their functionating power, but not to purge them.

Ordinarily a VIMEDIA LAXATIVE at night will move the bowels sufficiently. Where drastic measures have been used until the bowels refuse to respond to gentle stimulation, another should be used in the morning and

another at midday. In addition, two or three times weekly, a rectal injection may be used at night in conjunction with the VIMEDIA LAXATIVE. Nothing is more harmful, however, than the continued use, night after night, of a rectal injection; on occasions it is beneficial, but its habitual use destroys the tone and expansive power of the sphincter muscles of the anus, thus rendering the trouble chronic.

A thorough kneading of the bowels for constipation should be employed nightly. (See section on "Cerate.") Walking is good exercise for the whole body and particularly for the digestive tract, as also are games, such as croquet, lawn tennis, and other exercises that bring into play the muscles of the body; and particularly the bending of the body at various angles, which tends to expand and contract the liver and to stimulate the circulation through that organ. Diet that stimulates the bowels to action, such as whole wheat, graham, corn or rye bread, prunes, figs, dates, beets, spinach, etc., should be used.

THE VIMEDIA SUPPOSITORY.

Vimedia is prepared in suppository form for use in the rectum, with special reference to the needs of the sufferer from piles, fistula, rectal abscesses, prolapsus, etc. Its use is, therefore, applicable to both men and women. Like the uterine capsule, it attacks the trouble most directly, and, by stimulating the circulation through the parts, helps in forcing on the congestion and establishing normal, healthy tissue. In itself it is not sufficient to establish a cure in serious conditions, since the nervous system must be built up and repairs made throughout the whole body before the rectal trouble will disappear.

In nine cases out of ten we find rectal trouble arising from interference in the circulation through the liver; hence, almost always the tablets should be used, together with the cerate, in conjunction with the VIMEDIA SUPPOSITORIES, to establish entirely normal results.

The suppository is usually placed at night on retiring. Should the lower part of the bowel seem filled with

waste, a small injection will be necessary to cleanse this out, using about a pint of hot water, which should not be retained very long. The suppository may be placed with the finger, dipped in water or anointed with vaseline, and the suppository pushed up as far as possible, or it may be inserted with a placer specially prepared for that purpose. It should, of course, be removed from the gelatine covering. The rectum has double openings—the outer sphincter or band of muscles, and another opening or band of muscles about an inch and a half above. The object in placing the suppository is to reach above this second opening.

When, on account of the poor local circulation and dryness of the membranes, the suppository does not seem to absorb before the next morning, it should be used in the morning directly after the bowels move, instead of at night.

When an enema is necessary to move the bowels, this should consist of one or two quarts of warm soapy water, which is allowed to flow in slowly from a fountain syringe, retained for a few minutes, and evacuated. Where there is ulceration of the rectum, follow the soapy douche with a pint of warm water in which has been placed a teaspoonful of VIMEDIA LIQUID, and retain as long as possible.

Where there is intense sensitiveness of the parts and extensive ulceration, a pint of thin starch-water, cooked, may be used instead of the liquid; but as soon as possible the liquid should be used. The thin cooked starch is soothing, but not healing; the VIMEDIA LIQUID and SUPPOSITORIES are healing.

Where rectal injections are taken to move the bowels in chronic constipation, these should be used in a reclining position—lying on the left side, so that the water flows freely but slowly into the colon. There is a long, firm rubber tube made for just this purpose, although a short rectal tube may be used, if care is exercised.

Moderately warm water should be used, to which has been added a little good soap or a half teaspoonful of borax. From a half-gallon to a gallon of water may

be used and one should lie still and retain it for fifteen to thirty minutes. These injections should not be used too frequently, since to do so would in time rob the bowel of its contractile power and result in partial paralysis.

Where there is a discharge of mucus from the bowels, showing a catarrhal condition of these parts, in using the rectal injection, as mentioned above, a teaspoonful of VIMEDIA LIQUID may be added to each quart of the water with beneficial results.

Massaging well the entire area of the rectum and anus with the VIMEDIA CERATE is beneficial in all forms of rectal trouble.

THE VIMEDIA SOVEREIGN TONIC.

Many patients suffer not alone from the particular diseases for which they are using treatment, but from extreme weakness and debility as the result of these diseased conditions. In such cases a special and quickly acting tonic seems necessary, and therefore the Vimedia principles are combined in Vimedia Sovereign, with valuable vegetable tonics, the strengthening effect of which is soon felt.

In great weakness, mental depression, languor, lack of appetite, weakness from convalescence, etc., the tonic proves an invaluable aid, and through its stimulating properties bridges over the time until a more normal condition can be established throughout the body by means of the curative properties of the Vimedia systemic treatment.

Children suffering from lowered vitality through insufficient nourishment and overwork respond rapidly to the VIMEDIA SOVEREIGN, and this, in conjunction with the cerate externally, brings marked beneficial changes in a remarkably short time.

Where no chronic diseased conditions exist, but one suffers from general weakness, nervousness, irritability, and other signs of physical disturbance, the use of this tonic is followed by most excellent results.

When used in conjunction with other forms of Vimedia, the SOVEREIGN TONIC is begun in one-half tea-

spoonful doses in a half-glass of water midway between meals and at bedtime. When not used in conjunction with any other internal form, but for a mere tonic, the regulation dose is one teaspoonful in a half-glass of water half an hour before meals. Children should use proportionately reduced doses.

THE VIMEDIA PENCILS.

The Vimedia urethral pencils are prepared for the direct application of Vimedia to the mucous membranes lining the urethral canal and bladder. They are valuable for the use of both men and women in allaying irritations and inflammations of these parts, and in promoting the absorption of the low-grade tissues, which cause stricture, or narrowing of the canal. They have proven of great help to many men in reducing enlargements of the prostate gland, and in overcoming lack of nervous tone, also atrophy or shrinking of tissues.

They are of marked value in the chronic inflammation of the bladder-lining, or of the entire organ, known as "cystitis," since by their use the Vimedia treatment reaches most directly the delicate, inflamed membranes of the bladder.

They are also of great value in the trouble known as "caruncle." (See chapter on "The Bladder.")

The urethral pencils are inserted by men in the urethra on retiring, or more frequently if the conditions require. In the case of women, one-third or one-half the pencil is pushed up into the bladder, care being exercised not to use undue force.

VIMEDIA PENCILS come for safe and convenient handling, in small paper straws, each one by itself. When using, one opens the ends of a straw, inserts the aluminum plunger provided in every package, and gently introduces the contents into the urethral passage.

VIMEDIA ADJUVANTS: In some special conditions it is sometimes found helpful to make use of the Vimedia Adjuvants.

These, as their name implies, aid the other forms of Vimedia in establishing more rapid results.

There are three different forms of Adjuvants, called respectively No. 1, No. 2, No. 3. The first two are in tablet form, the No. 3 is a liquid. All are for internal use.

ADJUVANTS No. 1. Are especially indicated in profuse and painful menstruation, as well as in ovarian troubles.

ADJUVANTS No. 2. Are used in tumorous conditions and enlargements of the glands, such as goitre, lump in the breast, etc. They aid materially in the elimination of tumorous conditions.

ADJUVANT No. 3. Is advised in cases of painful and scanty menstruation, prior to and during the menstrual period.

These Adjuvants are to be used only upon advice from the Hygienic Department upon receipt of the carefully filled out health statement or application blank.

VARIATIONS IN THE QUANTITIES OF TREATMENT USED AND IN THEIR EFFECTS.

The aim of the Vimedia treatment is to add strength, eliminate waste, and build up diseased parts, gradually restoring the functions of the body to normal. Results depend directly upon the amount of treatment absorbed and made use of. In some conditions it is not advisable to push medication rapidly. Especially those laboring under intense nerve-strain find it necessary to go slowly, but surely.

In conditions where considerable disturbance results from treatment, this is a favorable indication, showing that the whole system is responding vigorously to the curative processes. If the disturbance seems greater than the sufferer can bear, changes can be brought about less rapidly, but with more comfort, by reducing the dose of the treatment for a time.

In nervous weakness it is usually advisable to begin with half-doses and gradually increase. Even after one has used the treatment for a time and the whole system has become quite permeated with the Vimedia principles, there may be reaction at times, which can be lessened by decreasing the doses again. In this respect, as

in the matter of diet, every individual is, more or less, a law unto herself or himself.

If disturbance arises from the use of Vimedia, it is due wholly to curative changes, and this is to be welcomed as a sign of improvement. It is usually found that in diseased conditions the powers of all organs have become weakened and these perform their functions in a very sluggish manner. To restore them at once to vigorous action would cause much discomfort for the time being, just as the restoring of the circulation through a limb that has "gone to sleep" is a painful yet necessary step in regaining the use of the limb.

The human body is not a series of compartments, each containing an organ, shut off from the rest, and capable of being in poor condition itself and of being cured independently of the others. In this wonderful body of ours all organs are inter-related and dependent on one another. If one becomes disordered, it to a greater or less degree affects the others, and similarly its restoration to health affects the others. The body functionates as a whole, and thus we find in chronic uterine trouble more or less heart weakness, lungs over-charged with poisons, stomach not functionating normally, nerves more or less disturbed, and liver and bowels involved. Hence, it is necessary to correct all these conditions before a cure can be established, and all these changes cannot be brought about without some systemic disturbance.

In Vimedia's natural curative processes new symptoms may arise, showing that the body is responding as a whole. Sometimes there is increased disturbance of the stomach for a time. At times the skin may break out with pimples—Nature making use of this avenue to hasten the removal of the impurities. Always, as congestion is forced out of parts that have become more or less deadened through pressure of stagnant blood, there is more or less pain from the revived nerves, which is one of the most favorable indications of the progress of the cure.

Often the kidneys become more active, the urine being heavily loaded with waste. The nervous system responds to the general clearing out of waste, and there may be an increase of nervousness or headache for a time.

Frequently greater elimination of uterine impurities through the vaginal discharges will cause itching and burning of the parts until the secretions become more normal. Should these features become too distressing, the changes may be brought about less rapidly, but with more comfort, by using less treatment for a time; but the patient must remember that she cannot expect as rapid results as the one who is able to use full treatment.

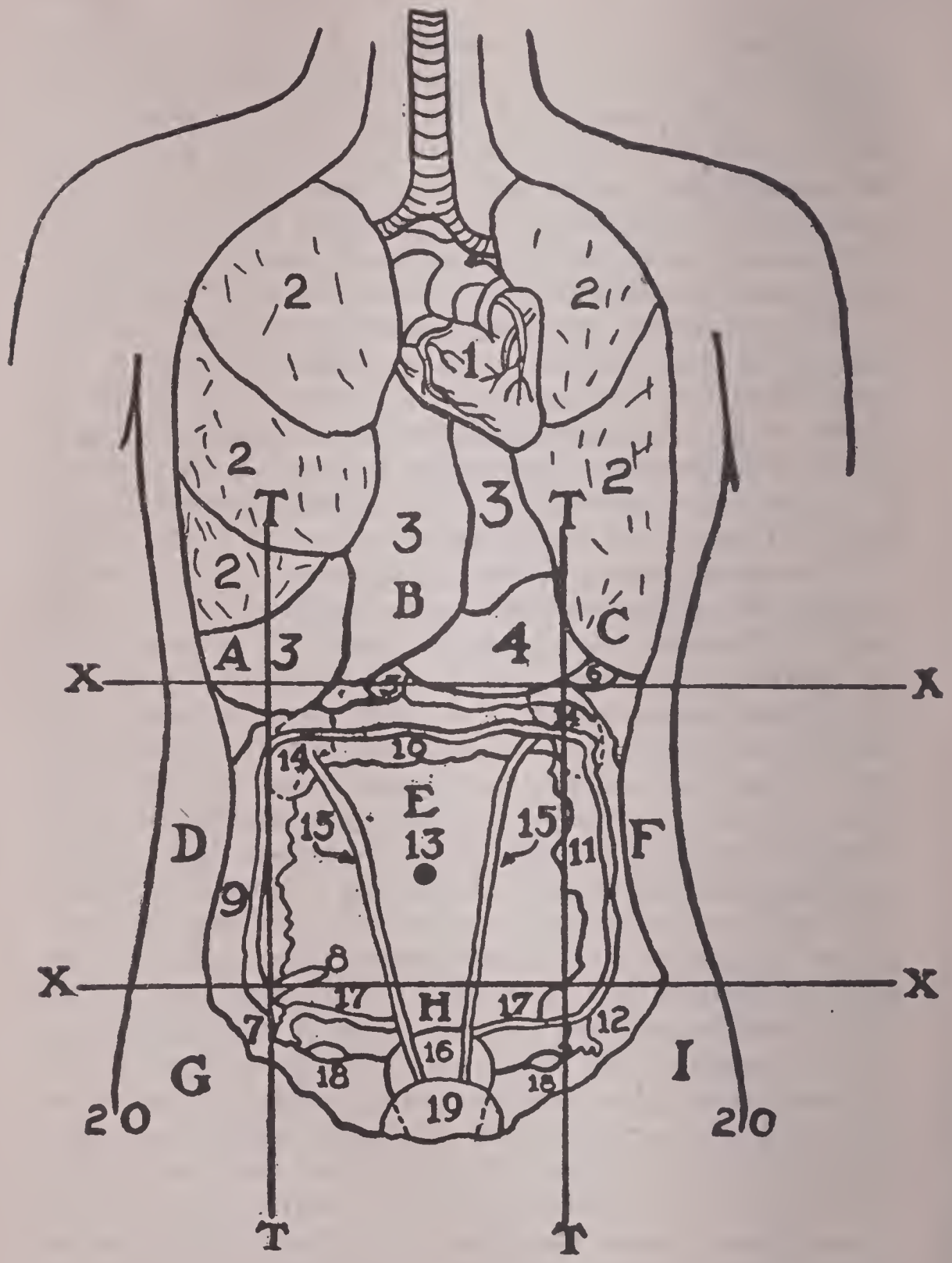
The treatment generates increased vitality for the process of cure, but the various changes frequently exhaust the vitality just as physical and mental exertion does. Later one feels stronger and wants to work harder, but to do this is a mistake. One cannot have one's cake and eat it, too, and one cannot have this strength needed for the cure and exhaust it in the daily routine of duties.

No matter how well one feels, one must conserve the strength in order to hasten improvement under the treatment. Also, as distressing symptoms are relieved, and the sufferer feels much better, she should not make the mistake of discontinuing the treatment too soon. She should not forget that, although the disease is removed, the delicate nerve-cells, and tissues must be still weak from the chronic trouble, and that she should faithfully continue her efforts to give them the help of the Vimedia reviving principles, so that they attain a normal condition.

Thus in this respect, it is far wiser to use treatment longer than seems necessary rather than quit too soon, and incidentally it is far more economical in the end. When one discontinues too soon, leaving the organs more or less weak, at the first over-exertion, cold, etc., congestion sets in at the weakest point, which is in these unprotected organs, and acute congestion easily leads to a chronic trouble and the involvement of the whole body.

Vimedia cures when established are permanent, as thousands of women and others will attest, but the patron must be certain that a cure is established before she or he is warranted in discontinuing the use of the remedies.

This point is reached when there have been regained such bodily comfort, strength and endurance that one *KNOWS* THE JOY OF BEING WELL!



This plate, with the explanations on the opposite page, may serve as guides in the application of Vimedia cerate and of such hygienic helps as compresses, massage, etc., above certain trunk organs or over certain trunk regions. The cerate is to be applied always over the spine as well as over the particular part affected.

THE KEY TO FIGURES AND LETTERS ON OPPOSITE OUTLINES.

The figures indicate the organs of the trunk.

The letters indicate the regions of the abdomen as divided by the two straight cross lines (X-X) and the two straight upright lines (T T).

1. The heart.
2. The two lungs—the three lobes of the right lung, and the two lobes of the left lung.
3. The liver—the lower parts of three of its five lobes.
4. The stomach—its lower part.
5. The gall bladder.
6. The spleen—its lower part.
7. The cecum (see-cum)—the first two and a half inches of the colon, or large intestine, within the lower right side.
8. The appendix, the vermiform, or worm-shaped, appendage to the cecum.
9. The ascending colon, or large intestine going up within the right side of the abdomen.
10. The transverse colon, or large intestine, going across and within the abdomen a little above the navel.
11. The descending colon, or large intestine, going down within the left side of the abdomen.
12. The sigmoid, or S-shaped, flexure, or bend (behind the left ovary) of the descending colon where it connects with the rectum.
13. The umbilicus, or navel. (It is surrounded by the small intestines.)
14. The two kidneys, shown by the dotted lines, behind the intestines.
15. The two ureters, the tubes descending from the kidneys to the upper part of the bladder.
16. The womb—its upper part, the fundus—the dotted lines indicating portion behind the bladder.
17. The two Fallopian tubes, extending from either side of the womb and terminating in finger-like ends.
18. The two ovaries, suspended under the Fallopian tubes.
19. The bladder—its upper part.
20. The two hip joints.

A. The right hypochondriac region, or that under the right ribs.
B. The epigastric region, or that above the stomach.
C. The left hypochondriac region, or that under the left ribs.
D. The right lumbar region, or that of the right loin.
E. The umbilical region, or that around the navel.
F. The left lumbar region, or the left loin.
G. The right inguinal region, or the right groin.
H. The hypogastric region, or that below the stomach.
I. The left inguinal region, or the left groin.

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